

## **SCHEDULE OF EVENTS**

**Bob Alpert Invitational**

**Duncanville, TX**

**March 6, 2010**

7:30 A.M. COACHES MEETING (Under Home Side-AD Office)

8:15 A.M.

### **FIELD EVENTS**

#### **4 ATTEMPTS FOR VARSITY AND 3 FOR JV**

LONG JUMP VB, VG, JVB, JVG

TRIPLE JUMP JVB, JVG, VB, VG

HIGH JUMP JVG, VG, JVB, VB

POLE VAULT JVG, VG, JVB, VB

#### **4 THROWS FOR VARSITY AND 3 FOR JV**

SHOT JVB, VB, JVG, VG

DISCUS JVG, VG, JVB, VB

9:30 A.M. 3200 M RUN JVG, JVB, VG, VB

**11:00 A.M. – 12:00 P.M. WE WILL TAKE A ONE HOUR BREAK. AT THIS TIME THERE WILL BE A MEAL FOR ALL COACHES AND WORKERS!!**

**Running Order: (JVG, JVB, VG, VB)**  
12:00 PM RUNNING FINALS  
4 x 100 M RELAY  
800 M RUN  
100 M HURDLES (JVG, VG)  
110 M HURDLES (JVB, VB)  
100 M DASH  
4 x 200 M RELAY  
400 M DASH  
300 M HURDLES (JVG, VG, JVB, VB)  
200 M DASH  
1600 RUN  
4 x 400 M RELAY