

**2010 Lancaster Invitational Meet of Champions
March 12-13
Schedule of Events**

Friday, March 12, 2010

3:30 pm Scratch Meeting

5:00 pm Friday Field Events (four jumps for LJ and TJ)

JV Girls Long Jump followed by JV Girls Triple Jump (east runway)
JV Boys Long Jump followed by JV Boys Triple Jump (west runway)
Varsity Girls High Jump followed by Varsity Boys High Jump
JV Girls Pole Vault followed by JV Boys Pole Vault

5:00 pm Friday Running Prelims (Varsity Girls followed by Varsity Boys)

3200m Varsity Girls (final)
4 x 100 Relay
100H
110H
100m
3200m Varsity Boys (final)
4 x 200 Relay
400m
300H
200m

Saturday, March 13, 2010

8:00am Scratch Meeting

9:00am Field Events (Four jumps and throws)

Varsity Girls Long Jump followed by Varsity Girls Triple Jump (east runway)
Varsity Boys Long Jump followed by Varsity Boys Triple Jump (west runway)
JV Girls High Jump followed by JV Boys High Jump
Varsity Girls Pole Vault followed by Varsity Boys Pole Vault
Shot Put (Varsity Boys, Varsity Girls, JV Boys, JV Girls)
Discus (JV Boys, JV Girls, Varsity Boys, Varsity Girls)

9:00am Saturday Running Prelims (JV Girls followed by JV Boys)

3200m (final)
4 x 100 Relay
800m (final)
100H
110H
100m
4 x 200 Relay
400m
300H
200m
1600m (final)

2:30pm Saturday Running Finals

Running order as follows, unless noted: (JV Girls, JV Boys, Varsity Girls, Varsity Boys)

4 x 100 Relay
800m (Varsity Girls; Varsity Boys)
100H (JV Girls; Varsity Girls)
110H (JV Boys; Varsity Boys)
100m
4 x 200 Relay
400m
300H (JV Girls; Varsity Girls; JV Boys; Varsity Boys)
200m
1600m (Varsity Girls; Varsity Boys)
4 x 400 Relay