



Schedule of events

9:30 am Coaches meeting

10:00 am **Field events**

High jump
Long jump
Shot put
Discus
Pole vault

3 throws, 3 jumps, no finals

ELM Girls, ELM Boys, JH Girls 3'6", JH Boys 4'2"
JH Girls 10', JH Boys 13', ELM Girls, ELM Boys
ELM Boys, ELM Girls, JH Boys 25', JH Girls 20'
JH Boys 70', JH Girls 50', ELM boys, ELM Girls
JH Boys, JH Girls

10:15 am **Running Events**

Order: ELM Girls, ELM Boys, JH Girls, JH Boys

400 Meter Relay

3200 Meter Relay

JH Girls, JH Boys

100 Meter Hurdles

ELM Girls, ELM Boys, JH Girls

110 Meter Hurdles

JH Boys

800 Meter Relay

800 Meter Run

100 Meter Dash

400 Meter Run

300 Meter Hurdles

JH Girls, JH Boys

200 Meter Dash

1600 Meter Run

1600 Meter Relay

NO TEAM CAMPS ON THE INFIELD

OSSAA RULES APPLY