



**HAWK RELAYS INVITATIONAL
SCHEDULE OF EVENTS
March 15, 2019**

7:45 am

Worker's meeting

8:00 am

Coaches' Meeting

8:30am

High Jump: VG, VB, JVG, JVB

Horizontal Jumps Pit 1:

VB Long Jump, VG Long Jump, VB Triple Jump, VG Triple Jump

LJ: 1st legal jump measured, then, minimum measurements for LJ:
Boys:19, Girls:14; ALL legal triple jumps will be measured.

**Varsity competitors in Long and Triple Jump will get 3 jumps with the top 8 getting 1 more jump

Horizontal Jumps

Pit #1 JVG Long Jump, JVB Long Jump

Pit #2 JVB Triple Jump, JVG Triple

**JV competitors in Long and Triple Jump will get 3 jumps only.

Pole Vault: Girls followed by Boys (JV and Varsity will compete together)

Shot Put: VG, VB, JVG, JVB

Discus: VB, VG, JVB, JVG

**Varsity competitors in Shot and Discus will receive 3 throws with the top 8 receiving 1 more throw; JV competitors in Shot and Discus will receive 3 throws only.

10:30 am

3200m Run VG, JVG, VB, JVB

11:30 am

*Lunch provided for all coaches

12:00 pm

RUNNING FINALS (*Rolling Schedule*)

4x100m Relay (JVG, VG, JVB, VB)

800m Run (JVG, VG, JVB, VB)

100/110m Hurdles (JVG, VG, JVB, VB) (33"/39")

100m Dash (JVG, VG, JVB, VB)

4x200m Relay (JVG, VG, JVB, VB)

400m Dash (JVB, VG, JVB, VB)

300m Hurdles (JVG, VG, JVB, VB) (30"/36")

200m Dash (JVB, VG, JVB, VB)

1600m Run (JVG, VG, JVB, VB)

4x400m Relay (JVG, VG, JVB, VB)