

Friends of Indoor Track Invitational

December 27, 2011

Field Events

9:00 AM FIELD EVENTS:

LONG JUMP Boys and Girls
TRIPLE JUMP—After Long Jumps
HIGH JUMP—Girls followed by Boys
SHOT PUT—Boys followed by Girls
***POLE VAULT—Men will go 1st at 9:45; girls will follow

Track Events

Rolling Time Schedule, Girls race first in each event followed by Boys

9:00 a.m.	Girls 3200 Meter Relay
9:20	Boys 3200 Meter Relay
9:50	Girls 55 Meter Hurdles
10:15	Boys 55 Meter Hurdles
10:30	Girls 55 Meter Dash
11:00	Boys 55 Meter Dash
11:30	Boys 55 Hurdle Final
11:35	Girls 55 Hurdle Final
11:40	Girls 55 Meter Dash Final
11:45	Boys 55 Meter Dash Final
11:50	Girls 800 Meter Relay
12:15	Boys 800 Meter Relay
12:40	Girls 1600 Meter Run
1:10	Boys 1600 Meter Run
1:50	Girls 500 Meter Dash
2:40	Boys 500 Meter Dash
3:20	Girls 1000 Meter Run
3:40	Boys 1000 Meter Run
4:10	Girls 300 Meter Dash
4:50	Boys 300 Meter Dash
5:20	Girls 3200 Meter Run Fast Section
5:50	Boys 3200 Meter Run Fast Section
6:35	Girls 1600 Meter Relay
7:00	Boys 1600 Meter Relay