

Coaches meeting: 1:30

Starts at 2:00

Sprint Medley
3200 M Relay
110 M Hurdles
100 M Dash
800 M Relay
1600 M Run
400 M Relay
400 M Dash
300 M Hurdles
800 M Run
200 M Dash
3200 M Run
1600 M Relay

Starts at 1:45

Girls Long Jump
Boys Triple Jump
Girls Shot Put
Boys Discus
Girls High Jump

Immediately following completion of earlier round

Boys Long Jump
Girls Triple Jump
Boys Shot Put
Girls Discus
Boys High Jump

girls - boys

We will use a rolling time schedule

PALMER FR/SO TRACK MEET 2014

