

PHS FROSH/SOPH RACE

April 10, 2024

MEET ORDER OF EVENTS

***ROLLING SCHEDULE**

Weigh-Ins 1:30

Coaches Meeting 1:45

National Anthem 1:55

First Event Start Time - 2:00

RUNNING EVENTS:

*GIRLS RUNNING EVENTS FIRST, THEN BOYS

*All events are final on time

*SMR 1-1-2-4 (Girls Only)

4x800 M Relay

FULTON MEMORIAL HURDLES

*5 minute break and announcement prior to event

100 M / 110M Hurdles

100 M Dash

4x200 M Relay

1600 M Run

4x100 M Relay

400 M Dash

300 M Hurdles

800 M Dash

200 M Dash

3200 M Run

4x400 M Relay

FIELD EVENTS:

*3 trial jumps, top 10 move to finals

High jump B/G

Triple jump G/B

Long B/G

Pole Vault G/B

Discus B/G

Shot put G/B