Weather Schedule – Monday 3/28 @ Lyons or Tuesday 3/29 @ Longmont

1:00 Coaches' Meeting
(meet at the start/finish line)

**Cut-Off times for 800, 1600 and 3200 are:**

Girls: 3:20, 7:00, and 14:30

Boys: 2:50, 6:20, and 13:00

 Max #

1:30 Girls 800 Medley Relay 2 heats
1:35 Girls 3200 Relay 1 heat
1:50 Boys 3200 Relay 1 heat
2:00 Girls 100 M Hurdles 8 heats
2:15 Boys 110 M Hurdles 8 heats
2:30 Girls 100 M Dash 8 heats
2:45 Boys 100 M Dash 8 heats
3:00 Girls 4x200 M Relay 3 heats
3:10 Boys 4x200 M Relay 3 heats
3:20 Girls 1600 M Run 3 heats
3:35 Boys 1600 M Run 3 heats
3:55 Girls 4x100 M Relay 3 heats
4:05 Boys 4x100 M Relay 3 heats
4:15 Girls 400 M Dash 8 heats
4:30 Boys 400 M Dash 8 heats

4:45 Invite - Girls 3200 1 heat
5:00 Invite - Boys 3200 1 heat
5:15 Girls 300 M Hurdles 8 heats
5:30 Boys 300 M Hurdles 8 heats
6:00 Girls 800 M Run 3 heats
6:05 Boys 800 M Run 3 heats

6:20 Girls 200 M Dash 8 heats
6:35 Boys 200 M Dash 8 heats

6:55 Girls 3200 M Run 1 heat
7:10 Boys 3200 M Run 1 heat

7:25 Les Coyle Memorial 1/2 heats

 Co-ed Weight Person

 400 Relay (B-G-B-G)

7:30 Girls 4x400 M Relay 2 heats
7:40 Boys 4x400 M Relay 2 heats

12:30 PV Check & Weigh-In All Vaulters
12:30 Shot/Discus Weigh-In All Throwers

LJ, TJ, SP, Discus:

4 attempts, no finals

1:30 Girls High Jump
 4'4", 4'7", then 2"
1:30 Girls Long Jump
 measuring over 13'
1:30 Girls Shot Put
 measuring over 25'

1:30 Boys Pole Vault
 8'4", 9'4", 10'4", then 6"
1:30 Boys Triple Jump
 measuring over 34'
1:30 Boys Discus
 measuring over 90'

4:00 Boys High Jump
 5'4", 5'7", then 2"
4:00 Boys Long Jump
 measuring over 17'
4:00 Boys Shot Put
 measuring over 35'

4:00 Girls Pole Vault
 6'4", 7'4", 8'4" then 6"
4:00 Girls Triple Jump
 measuring over 27'
4:00 Girls Discus
 measuring over 70'