



SABERCAT (INVITATIONAL)

2015



- 8:00 Weigh-Ins
8:15 Coaches meeting
8:45 Beginning of field events
BEGIN RUNNING EVENTS
9:00 Girls 800m Sprint Medley
9:15 Girls 3200m Relay
9:30 Boys 3200m Relay
9:45 Girls 100m Hurdles
10:10 Boys 110m Hurdles
10:35 Girls 100m Dash
11:00 Boys 100m Dash
11:25 Girls 4 X 200m Relay
11:40 Boys 4 X 200m Relay
11:55 Girls 1600m Run
12:05 Boys 1600m Run
12:15 Girls 4 X 100m Relay
12:25 Boys 4 X 100m Relay
12:35 Girls 400m Dash
12:55 Boys 400m Dash
1:15 Girls 300m Hurdles
1:30 Boys 300m Hurdles
1:45 Girls 800m Run
1:55 Boys 800m Run
2:10 Girls 200m Dash
2:30 Boys 200m Dash
2:50 Girls 3200m Run
3:10 Boys 3200m Run
3:30 Girls 4 X 400m Relay
3:40 Boys 4 X 400m Relay

FIELD EVENTS

Prelims followed by finals

- Early** Boys Long Jump
Boys Pole Vault
Boys Discus
Girls Triple Jump
Girls High Jump
Girls Shot Put

*Unified/Special Olympics shot put on
in field or at shot put ring*

- Late** Girls Long Jump
Girls Pole Vault
Girls Discus
Boys Triple Jump
Boys High Jump
Boys Shot Put

**WE WILL RUN AHEAD OF
SCHEDULE IF POSSIBLE**

**LISTEN TO
ANNOUNCEMENTS FOR
YOUR EVENTS**