

Stacey's Spring Showdown

At Heritage High School

Field – 3:30pm

Running Events - 3:30pm

Coaches Meeting 3:15 p.m. at Starting Line

FIELD EVENTS:

3:30pm <ul style="list-style-type: none">• Long Jump G/B• Shot Put Girls• High Jump B/G• Pole Vault G/B• Discus Girls Boys	Followed by: <ul style="list-style-type: none">• Triple Jump G/B• Shot Put Boys• Discus Girls
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***Starting height based off entries**

***Jumps – 3 attempts (Top 9 Finals will be held after the completion of Long Jump and Triple Jump)**

RUNNING EVENTS Rolling Schedule girls/boys, slowest/fastest:

800m SMR (Girls Only)



4x800m
100mH
110mH
100m
4x200m
1600m
4x100m
400m
300mH
800m
200m
3200m
4x400m