



Winter Break Invitational Meet Schedule

Monday December 28, 2009

Day One

2pm Doors Open

2pm Track Open for Warm-Ups

230pm Coaches Meeting

3pm Track Closed

3pm Field Events

Shot Put Boys Followed by Girls

Pole Vault Girls Followed Boys

Triple Jump Boys Followed by Girls

High Jump Girls

430pm Running Events Rolling Schedule

4x55 Shuttle Hurdles Girls Followed by Boys

55 Meter hurdles (trials) {top 12 advances} Girls Followed by Boys

55 Meter dash (trials) {top 12 advances} Girls Followed by Boys

1000 Meter run Girls Followed by Boys Girls Followed by Boys

500 Meter run Girls Followed by Boys Girls Followed by Boys

800 Meter run (invitational only) Girls Followed by Boys

200 Meter dash (invitational only){2 heats} Girls Followed by Boys

Distance Medley Girls Followed by Boys

Sprint Medley Relay Girls Followed by Boys



Day Two

Tuesday December 29, 2009

Doors Open at 8am

8am Track Open for Warm-Ups

830am Coaches Meeting

9am Track Closed for Warm-Ups

9am Field Events

Long Jump Girls Followed by Boys

High Jump Boys

1030am Running Events Rolling Schedule

4x800 Meter Relay Girls Followed by Boys

55 Meter Hurdle Final {2 heats} Girls Followed by Boys

55 Meter Dash Final {2 heats} Girls Followed by Boys

60 Meter Dash (invitational only) Girls Followed by Boys

4x200 Meter Relay Girls Followed by Boys

1600 Meter Run Girls Followed by Boys

300 Meter Dash Girls Followed by Boys

400 Meter Dash (invitational only) {2 heats} Girls Followed by Boys

3200 Meter Run Girls Followed by Boys

4x400 Meter Relay Girls Followed by Boys