

Dave Snook Frosh/Soph Invitational

Field Events

Time	Boys' Flights	Girls' Flights
Pole Vault	4:00pm	immediately following boys
Long Jump	West Pit 4:00pm	East Pit 4:00pm
Shot Put	4:00pm	immediately following boys
Discus	immediately following girls	4:00pm
Javelin	4:00pm	immediately following boys
High Jump	immediately following girls	4:00pm
Triple Jump	West pit immediately following LJ	East pit immediately following LJ

Long and Triple jump competitors will have 3 jumps. **There will be finals. Jumpers will have 10 minutes between flights to get their run through. If athletes are not checked in prior to their flight starting they will be scratched.**

Each throwing competitor will have 3 throws. There will be finals. **Throwers will have 10 minutes between flights for warm up throws. If athletes are not checked in prior to their flight starting they will be scratched.**

High jump and pole vault will use the "5 man alive" format until 6 to 8 competitors are left. Boys pole vault will start at 7 feet, girls at 6 feet, with the bar going up 6 inches at a time until there are 3 competitors left, then they may go 3 inches at a time. Boys high Jump will start at 5'0 and girls will start at 4'4.

Track Events

Time	Event
4:30 pm	
Girls	4 x 100m Relay
Boys	4 x 100m Relay
Girls	1500m
Boys	1500m
Girls	100m
Boys	100m
Girls	400m
Boys	400m
Girls	100m HH
Boys	110m HH
Girls	800m
Boys	800m
Girls	200m
Boys	200m
Girls	300m IH
Boys	300m IH
Girls	3000m
Boys	3000m
Girls	4 x 400m Relay
Boys	4 x 400m Relay

