

Olympian Invitational Schedule

Order of Events: Track 3:00 pm start

EVENTS: Fast Heat Last for Timed Finals

100 M Hurdle Trials (12 to finals on time)
110 M High Hurdle Trials (12 to finals on time)
100 M Dash Trials (12 to finals)
4 x 800 M Relay (Final on Time)
Junior Varsity 4 x 100 M Relay (Non-Scoring)
100 M Hurdle Finals (2 Heats)
110 M High Hurdle Finals (2 Heats)
100 M Dash Finals (2 Heats)
1600 M Run Finals
4 x 100 M Relay Finals
400 M Dash Finals
300 M Hurdle Finals
800 M Run Finals
200 M Finals
3200 M Finals
4 x 400 M Relay Finals

Vertical Jumps:

Girls Pole Vault: 2:30, Followed by Boys

Starting Heights: Girls = Boys =

Girls High Jump: 3:00, Followed by Boys

Starting Heights: Girls = Boys =

Horizontal Jumps:

Boys Long Jump: 3:00

Minimum: TBD

Boys Triple Jump: 15 mins after Boys LJ

Minimum: TBD

Girls Long Jump: 15 mins after Boys TJ

Minimum: TBD

Girls Triple Jump: 15 mins after Girls LJ

Minimum: TBD

Throwing Rotations: 3:00 Start

Rotation 1: Boys Javelin, Girls Shot Put

Minimums: TBD

Rotation 2: Boys Discus, Girls Javelin

Minimums: TBD

Rotation 3: Boys Shot Put, Girls Discus

Minimums: TBD