



Trojan Invitational
Order of Events & Time Schedule

Field Events:

10:00A.M. These events will immediately follow: **Boys Pole Vault and**

Girls Pole Vault

Girls High Jump Boys /High Jump

Boys Shot Put/ Girls Shot Put

Girls Discus /Boys Discus

Boys Long Jump/ Boys Triple Jump

Girls Long Jump /Girls Triple Jump

1. **Shot & discus throwers will be placed in flights. Each thrower will complete three (3) throws and finals (top 9).**
2. **Long jump and triple jump competitors (in flights) will receive three (3) attempts, with finals (top 9).**
3. **In the high jump and pole vault, each competitor will receive three (3) attempts at each height as they remain in the competition.**
4. **Pole Vault – Starting height Boys 8’5” Girls 6’0”**
5. **High Jump – Starting height Boys 5’0” Girls 4’0”**

Running Events: This will be a rolling schedule with one event to follow another. Please listen for calls. (Women’s running events will precede Men’s running events on the track)

11:00A.M. Medley Relay

4x800 Relay

Women’s 100 Meter Intermediate Hurdles

Men’s 110 Meter High Hurdles

100 Meters

1600 Meters

4x100 Meter Relay

400 Meters

Women’s 300 Meter Low Hurdles

Men’s 300 Meter Intermediate Hurdles

800 Meters

200 Meters

3200 Meters

4x400 Meter Relay

AWARDS & TOWELS:

No awards or trophies. Towels will not be furnished.

ENTRIES:

Entries will be unlimited in each event. Please use RUNNERCARD.com

Entries are due no later than 7:30 pm on Thursday, April 9th.

SEEDING:

Athletes will be heated and seeded according to entry times. Please be as accurate as possible to be fair to all athletes. There will be no finals, therefore, we need your help in placing the proper athlete in the appropriate heat.

REPORT TIME:

ALL contestants must listen for report time prior to each event. Track contestants not reporting on last call will be scratched. Report to the assigned end of the track.

SPIKES:

1/8" pyramid spikes or running flats only.

ALLEY STARTS:

One turn alley starts will be used for all races 800m and above.

STARTING BLOCKS:

Starting blocks will be furnished.

SCORING, TIMING, & FEE:

No team scores will be kept. FAT – LYNX timing system.