



LNHS Mega Meet - April 29, 2023

Schedule of Events:

Coaches Meeting

9:30 Coaches Meeting in stands, in front of press box

Field Events

10:00

High Jump: separate pits for Boys and Girls

Pole Vault: separate pits for Boys and Girls

Girls Discus

Boys Shot Put

10:00 - 12:00

Girls Long Jump

Boys Triple Jump

12:30

Boys Discus

Girls Shot Put

12:30 - 2:30

Girls Triple Jump

Boys Long Jump

Running Events

10:00 Girls 4 x 800m. Relay (1 section)

10:15 Boys 4 x 800m. Relay (1 section)

10:30 Girls 100m. Hurdles (6 sections; timed finals)

10:50 Boys 110m. High Hurdles (6 sections; timed finals)

11:05 Girls 100m. Dash (6 sections; timed finals)

11:20 Boys 100m. Dash (6 sections; timed finals)

11:30 Girls 4 x 200m. Relay (2 sections)

11:45 Boys 4 x 200m. Relay (2 sections)

12:00 Girls 1600m. Run (2 sections)

12:10 Boys 1600m. Run (2 sections)

12:30 Girls 4 x 100m. Relay (2 sections)

12:40 Boys 4 x 100m. Relay (2 sections)

12:50 Girls 400m. Dash (6 sections; timed finals)

1:05 Boys 400m. Dash (6 sections; timed finals)

1:30 Girls 300m. Hurdles (6 sections; timed finals)

1:45 Boys 300m. Hurdles (6 sections; timed finals)

1:55 Girls 800m. Dash (3 sections)

2:15 Boys 800m. Dash (3 sections)

2:30 Girls 200m. Dash (6 sections; timed finals)

2:45 Boys 200m. Dash (6 sections; timed finals)

3:00 LAA Youth 200m Dash (3 sections; timed finals)

3:15 Girls 3200m. Run (1 section)

3:35 Boys 3200m. Run (1 section)

3:50 Girls 4 x 400m. Relay (2 sections)

4:00 Boys 4 x 400m. Relay (2 sections)