

ROLLING SCHEDULE

2:25 pm Coaches Meeting

2:40 All Legend HS Seniors will meet on the track in front of 30 yard line for special Introduction

3:00 pm ALL First Session Field Events should be started.

G 800m Sprint Medley (1-1-2-4)

G/B 4 x 800 m Relay

G 100 m Hurdles

B 110 m Hurdles

G/B 100m Dash

G/B 4 x 200 m Relay

G/B 1600 m Run

G/B 4 x 100 m Relay

G/B 400 m Dash

G/B 300 m Hurdles

G/B 800 m Run

G/B 200 m Dash

- Short 10 min break * If needed and depending on the weather*

G/B 3200 m Run

G/B 4 x 400 m relay

Field Events: Weigh ins open at 1:30pm

3:00 pm Events

G Triple Jump, followed by Long Jump **NORTH PIT** (BY PV RUN WAY) * LEGEND*

B Long Jump, followed by Triple Jump **WEST PIT** (ALONG FENCE) * LUTHERAN*

G Shot Put, Followed by Discus *LEGEND*

B Discus, Followed by Shot Put *PONDEROSA*

Girls Pole Vault, followed by Boys *CHAPARRAL*

Boys High Jump, Followed by Girls *LEGEND*