

FEB 23, 2024 TRACK & FIELD SCRIMMAGE

ORDER OF EVENTS (revised 2/23/24)

MEET START TIME ~~4:30~~ 4:15 / Carrillo, Windsor, Cloverdale, Cardinal Newman HS

RUNNING EVENTS	ORDER
4x100 Relay	Open
1600m	Open
100H/110H	V Boys (39"), JV Boys (36"), JV Girls/V Girls (33")
100m	Open
800m	Open
200m	Open
4x400 Relay	Open (Co-Ed Teams OK)

FIELD EVENTS	ORDER
Shot Put*	V Girls, JV Girls, V Boys, JV Boys
Discus*	V Boys, JV Boys, V Girls, JV Girls
High Jump	JV Boys (4'6"), V Boys, (5'), JV Girls (3'6"), V Girls (4')
Long Jump*	(Open Pit/Closes After 800m)
Triple Jump*	(Open Pit After 800m)

*Attempts = 4 max

IMPORTANT!

Discus needs to be completed by 6pm and field cleared for MCHS Soccer Practice!

Seeding for Running Events will be done at Starting Line

Athletes all have a unique competitor #; please use sharpie to mark # on top of left hand