



ANTERO - KNIGHTS TRACK INVITATIONAL



TIME SCHEDULE AND ORDER OF EVENTS

4:00 PM - FIELD EVENTS - check with host school as to who goes first girls or boys
Shot Put, Discus, Long Jump, High Jump, and Pole Vault

4:30 PM - PRELIMINARIES - Girls - 100 meter High Hurdles
Boys - 110 meter High Hurdles
Girls then Boys - 100 meter Dash

FINAL - Girls - 3200 meter Run

PRELIMINARY - Girls then Boys - 200 meter Dash

FINAL - Boys - 3200 meter Run

FINAL - Girls then Boys - 400 meter Dash

BREAK

FINALS - Girls then Boys - 4x800 meter Relay
Girls - 100 meter High Hurdles (33")
Boys - 110 meter High Hurdles (39")
Girls then Boys - 100 meter Dash
Girls then Boys - 4x200 meter Relay
Girls then Boys - 1600 meter Run
Girls - 300 meter Low Hurdles (30")
Boys - 300 meter Intermediate Hurdles (36")
Girls then Boys - 4x100 meter Relay
Girls then Boys - 800 meter Run
Girls then Boys - 200 meter Dash
Girls then Boys - Shuttle Hurdle Relay
Girls then Boys - 4x400 meter Relay