

FRANK ROSSI VALKYRIE INVITATIONAL



TIME SCHEDULE AND ORDER OF EVENTS

9:00 - 9:30 AM - Scratch/Replacement sheet turned in at the canopy

9:00 PM - Coaches Meeting

9:30 AM - FIELD EVENTS - Girls - Discus and High Jump
Boys – Shot Put and Long Jump*

Immediately after completion of above field events:

Girls – Shot Put and Long Jump*

Boys - Discus and High Jump

(Long Jump will be open pit style with 45 minutes available to take three jumps – finals will follow)

10:00 AM – PRELIMINARIES:

10:00 - Girls 100 meter Hurdles

10:15 - Boys 110 meter Hurdles

10:30 - Girls 100 meter Dash

10:40 - Boys 100 meter Dash

10:50 - Girls 4x800 meter Relay

11:05 - Boys 4x800 meter Relay

11:20 - Girls 200 meter Dash

11:30 - Boys 200 meter Dash

SHORT BREAK-----SHORT BREAK-----SHORT BREAK

12:00 PM – FINALS:

12:00 – Girls 100 meter Hurdles

12:05 – Boys 110 meter Hurdles

12:15 – Girls 100 meter Dash

12:20 – Boys 100 meter Dash

12:25 – Girls 4x200 meter Relay – 2 sections

12:35 – Boys 4x200 meter Relay – 2 sections

12:45 – Girls 1600 meter Run

12:55 – Boys 1600 meter Run

1:05 – Girls 4x100 meter Relay – 2 sections

1:15 – Boys 4x100 meter Relay – 2 sections

1:25 – Girls 400 meter Dash – heats slow to fast

1:35 – Boys 400 meter Dash – heats slow to fast

1:45 – Girls 300 Hurdles – heats slow to fast

1:55 – Boys 300 Hurdles – heats slow to fast

2:05 – Girls 800 meter Run

2:10 – Boys 800 meter Run

2:15 – Girls 200 meter Dash

2:20 – Boys 200 meter Dash

2:25 – Girls 3200 meter Run

2:40 – Boys 3200 meter Run

2:55 – Girls 4x400 meter Relay – 2 sections

3:05 – Boys 4x400 meter Relay – 2 sections

3:30 - AWARDS – Trophies to the top 2 teams, and a meet MVP will be awarded to the top boy & girl performer. Medals will be given to the top two in each event with ribbons for 3rd through 8th place.