

Aquinas Invite Schedule

12:30 Coaches Meeting

1:00 **Field Events**

NO FINALS just 4 Jumps or Throws

Shot Put Girls-Boys

Discus Boys-Girls

Long Jump Boys-Girls

Triple Jump Girls-Boys

High Jump Boys/Girls

Pole Vault Together

3:30 **Running Events**

4 x 800 M Relay Girls followed by boys

100 M High Hurdles Girls

110 M High Hurdles Boys

100 M Dash Girls followed by boys

1600 Meter Run "

4 x 100 Relay Girls followed by boys

400 M Dash Girls followed by boys

300 M Low Hurdles Girls

300 M Intermediate Boys

800 M Run Girls followed by boys

200 M Dash "

3200 M Run "

4 x 400 M Relay "