

Thunder Invitational –April 6th, 2019

Order of Events

RUNNING EVENTS (START 9AM)

VB 110 HH – 39"
 F/S Boys 110 IH - 36"
 F/S Girls 100 LH – 33"
 VG 100 LH – 33"

F/S Girls 3200
 F/S Boys 3200

F/S Girls 4 x 100M
 F/S Boys 4 x 100M
 VG 4 x 100M
 VB 4 x 100M

F/S Girls 1600
 F/S Boys 1600
 VG 1600
 VB 1600

F/S Girls 400
 F/S Boys 400
 VG 400
 VB 400

F/S Girls 100
 F/S Boys 100
 VG 100
 VB 100

F/S Girls 800
 F/S Boys 800
 VG 800
 VB 800

F/S Girls 300M LH – 30"
 VG 300M LH – 30"
 F/S Boys 300M LH – 33"
 VB 300M IH - 36"

F/S Girls 200
 F/S Boys 200
 VG 200
 VB 200

Heidi Greenwood Memorial VG 3200
 VB 3200

F/S Girls 4 x 400
 F/S Boys 4 x 400
 VG 4 x 400
 VB 4 x 400

FIELD EVENTS (START 9AM)

DISCUS

9:00am VG - ring 1 VB to follow
 9:00am F/S Girls - ring 2 F/S Boys to follow
*(Finals will immediately follow trials
 3 throws in trials, top 9 get 3 throws in finals)*

SHOT PUT

9:00am VB - ring 1 VG to follow
 9:00am F/S Boys - ring 2 F/S Girls to follow
*(Finals will immediately follow trials
 3 throws in trials, top 9 get 3 throws in finals)*

LONG JUMP/TRIPLE JUMP

4 jumps – Open Pit
 First letter of last name will be used to determine pit time.
 The first legal jump will be measured.
 Ensuing attempts must meet the minimum marks.

South Pit (scoreboard end)

9:00 – 10:00 Var. Boys Long Jump (18 ft, A-I)
 10:00 – 11:00 Var. Boys Long Jump (18 ft, K-Z)
 11:00 – 12:30 F/S Girls Long Jump (12 ft, All)
 12:30 – 2:00 F/S Boys Long Jump (16 ft, All)
 2:00 – 3:00 Varsity Girls Long Jump (14 ft, A-I)
 3:00 – 4:00 Varsity Girls Long Jump (14 ft, K-Z)

North Pit (near discus)

9:00 – 10:30 F/S Boys Triple Jump (33 ft, All)
 10:30 – 12:00 Varsity Girls Triple Jump (28 ft, All)
 12:00 – 1:00 Var. Boys Triple Jump (35 ft, A-K)
 1:00 – 2:00 Var. Boys Triple Jump (35 ft, L-Z)
 2:00 – 3:30 F/S Girls Triple Jump (26 ft, All)

HIGH JUMP

9:00am - Pit #1: Varsity Girls (Varsity Boys to follow)
 9:00am - Pit #2: F/S Girls (F/S Boys to follow)
Opening Heights: F/S G -3'8", VG-4', F/S B-4'6", VB-5'

POLE VAULT

9:00am – Center Pit: VG (VB to follow)
 9:00am – Sideline Pit: F/S Girls (F/S Boys to follow)
*Opening Heights:
 F/S G-6', VG-7', F/S B-8', VB-9'*
*F/S Girls – One foot increments until 7', then 6" increments
 V Girls – One foot increments until 8', then 6" increments
 F/S Boys – One foot increments until 9', then 6" increments
 V Boys – One foot increments until 10', then 6" increments*