

# 2023 Glenn Poole Invitational (Feb. 25th, 2023)

## Order of Events

### Running Events Schedule (All Events are Finals) Running Events Begin at 9:00 AM

#### Running Events start with girls with the exception of 110 Hurdles and DMR

(All warm-ups are to take place outside of the stadium).

3200 Meters	Varsity Girls
3200 Meters ( <i>The Navarro "2 mile"</i> )	Varsity Boys
110 Hurdles	Varsity Boys
110 Hurdles	Frosh/Soph Boys
100 Hurdles	Varsity Girls
100 Hurdles	Frosh/Soph Girls
<b>DMR (200,400,800,1200)</b>	<b>V &amp; Frosh/Soph</b>
3200 Meters	Frosh/Soph Girls
3200 Meters	Frosh/Soph Boy
4x100 Meters	Frosh/Soph
4x100 Meters	Varsity
<b>KIDS HALF LAPPER</b> Kids 10 and under (Kids 5 and under will run shorter)	
400 Meters	Frosh/Soph
400 Meters	Varsity
100 Meters	Frosh/Soph
100 Meters	Varsity
800 Meters	Frosh/Soph
800 Meters)	Varsity
300 M Hurdles	Frosh/Soph Girls
300 M Hurdles	Varsity Girls
300 M Hurdles	Frosh/Soph Boys
300 M Hurdles ( <i>The Terwilliger "300"</i> )	Varsity Boys
200 Meters	Frosh/Soph
200 Meters	Varsity
1600 Meters	Frosh/Soph
1600 Meters ( <i>The Tudsbury "Mile"</i> )	Varsity
Throwers 4x100	1 team per school
4x400 Meters	Frosh/Soph Boys
4x400 Meters	Frosh/Soph Girls
4x400 Meters	Varsity Girls
4x400 Meters	Varsity Boys

### FIELD EVENTS BEGIN AT 8:30

Check in & Warm-ups begin @ 7:30

Triple Jump Warm-ups @ Noon

#### Shot Put Ring #1 - Varsity

Boys followed by Girls

(*The Ruden Shot*)

#### Discus Ring #1 - Varsity

(*The Muller "Discus"*)

Girls followed Boys

#### Ring #2 Frosh/Soph (behind Check In)

Girls/ Boys **Shot** – followed by

Girls/ Boys **Disc**

#### High Jump (*The Sakaishi Jump*)

Opens @ 4'3" open pit

Frosh/Soph Girls/ Boys

Followed by Varsity Girls

Followed by Varsity Boys

#### Long Jump (Open Pit) 8:30-12:00

Varsity Girls *Runway #1*

Varsity Boys *Runway #2*

F/S Girls/ Boys *Runway #3*

#### Triple Jump (Open Pit) 12:30-3:00

Varsity Girls *Runway #1*

Varsity Boys *Runway #2*

F/S Girls/Boys *Runway #3*

#### Pole Vault (*The Judd "Pole Vault"*)

Boys Pit #1

F/S opens @ 8ft -- Varsity opens 9ft

Girls Pit #2

F/S Opens @ 5 ft -- Varsity @ 7 ft