

# 2023 Sturgeon Invitational

## Running Events 9:00am

Varsity Boys 110 H  
FS Boys 110 H  
FS Girls 100 H  
Varsity Girls 100 H  
FS Boys 1600  
FS Girls 1600  
FS Boys 4 x 100  
FS Girls 4 x 100  
Varsity Girls 4 x 100  
Varsity Boys 4 x 100  
Varsity Girls 1600  
Varsity Boys 1600  
FS Boys 400  
FS Girls 400  
Varsity Girls 400  
Varsity Boys 400  
FS Boys 100  
FS Girls 100  
Varsity Girls 100  
Varsity Boys 100  
FS Boys 3200  
FS Girls 3200  
FS Girls 300 LH  
Varsity Girls 300 LH  
FS Boys 300 LH  
Varsity Boys 300 LH  
FS Boys 800  
FS Girls 800  
Varsity Girls 800  
Varsity Boys 800  
FS Boys 200  
FS Girls 200  
Varsity Girls 200  
Varsity Boys 200  
Varsity Girls 3200  
Varsity Boys 3200  
FS Boys 4 x 400  
FS Girls 4 x 400  
Varsity Girls 4 x 400  
Varsity Boys 4 x 400

## Field Events 8:30am

**PIT A (by 200m start):** Flights, 4 Jumps –  
No Finals. Order is Below:

Varsity Boys – Long Jump  
FS Boys – Long Jump  
Varsity Boys – Triple Jump  
FS Boys – Triple Jump

**Pit B (by 50 yard line):** Flights, 4 Jumps - No  
Finals. Order is Below:

Varsity Girls – Long Jump  
FS Girls – Long Jump  
Varsity Girls – Triple Jump  
FS Girls – Triple Jump

## **High Jump (Opening Heights)**

8:30 am      FS Girls (3-8)  
                  Varsity Girls (4-0)  
                  FS Boys (4-8)  
                  Varsity Boys (5-4)

## **Pole Vault**

8:30am      FSG, VG, FSB, VB  
Opening Heights 5-0 7-0 8-0 9-0

**Shot Put:**      4 Throws - No Finals

8:30am      FS Girls @ Ring A  
                  Varsity Girls @ Ring B

12:00pm      FS Boys @ Ring A  
                  Varsity Boys @ Ring B

**Discus:**      4 Throws - No Finals

8:30am      Varsity Boys @ Ring A  
                  FS Boys @ Ring B

12:00pm      Varsity Girls @ Ring A  
                  FS Girls @ Ring B