

Thunder Invitational March 25th, 2023

RUNNING EVENTS (START 9:45 AM)

V Girls 4 x 800

V Boys 4 x 800

VG 4 x 100M

VB 4 x 100M

VG 1600

VB 1600

VB 110 HH - 39"

VG 100 LH - 33"

VG 400

VB 400

VG 100

VB 100

VG 800

VB 800

VG 300M LH - 30"

VB 300M IH - 36"

VG 200

VB 200

Heidi Greenwood Memorial VG 3200

VB 3200

VG 4 x 400

VB 4 x 400

Order of Events

FIELD EVENTS (START 9:00 AM)

DISCUS

9:00am VG - ring 1 VB 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

(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)

Var. Boys Long Jump (18 ft, A-E) 9:00-10:30

Var. Boys Long Jump (18 ft, F-M) 10:30-12:00

Var. Boys Long Jump (18 ft, N-Z) 12:00-1:30

Varsity Girls Long Jump (14 ft A-H) 1:30-3:00

Varsity Girls Long Jump (14 ft I-Z) 3:00-4:30

North Pit (near discus)

Varsity Girls Triple Jump (28 ft, A-J) 9-10:30

Varsity Girls Triple Jump (28 ft, K-Z) 10:30-12:00

Var. Boys Triple Jump (35 ft, A-H) 12:00-1:30

Var. Boys Triple Jump (35 ft, I-Z) 1:30-3:00

HIG JUMP

9:00am - Pit #1: Varsity Girls (Varsity Boys to follow)

Opening Heights: VG-4', VB-5'

POLE VAULT

9:00am - Pit 1:

Opening Heights:

VG-7', VB-9'

V Girls - One foot increments until 8', then 6" increments

V Boys - One foot increments until 10', then 6" increments