

Sturgeon Invitational 2025

Running Events (Start at 9:00 AM)

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| 1. Varsity Boys 110m Hurdles | 27. Freshman/Sophomore Girls 300m Hurdles |
| 2. Freshman/Soph Boys 110m Hurdles | 28. Varsity Girls 300m Hurdles |
| 3. Freshman/Soph Girls 100m Hurdles | 29. Freshman/Sophomore Boys 300m Intermediate Hurdles |
| 4. Varsity Girls 100m Hurdles | 30. Varsity Boys 300m Intermediate Hurdles |
| 5. Freshman/Soph Girls 3200m | 31. Freshman/Sophomore Girls 200m |
| 6. Freshman/Soph Boys 3200m | 32. Freshman/Sophomore Boys 200m |
| 7. Freshman/Soph Girls 4x100m Relay | 33. Varsity Girls 200m |
| 8. Freshman/Soph Boys 4x100m Relay | 34. Varsity Boys 200m |
| 9. Varsity Girls 4x100m Relay | 35. Varsity Girls 3200m |
| 10. Varsity Boys 4x100m Relay | 36. Varsity Boys 3200m |
| 11. Freshman/Sophomore Girls 1600m | 37. Freshman/Sophomore Girls 4x400m Relay |
| 12. Freshman/Sophomore Boys 1600m | 38. Freshman/Sophomore Boys 4x400m Relay |
| 13. Varsity Girls 1600m | 39. Varsity Girls 4x400m Relay |
| 14. Varsity Boys 1600m | 40. Varsity Boys 4x400m Relay |
| 15. Freshman/Sophomore Girls 400m | |
| 16. Freshman/Sophomore Boys 400m | |
| 17. Varsity Girls 400m | |
| 18. Varsity Boys 400m | |
| 19. Freshman/Sophomore Girls 100m | |
| 20. Freshman/Sophomore Boys 100m | |
| 21. Varsity Girls 100m | |
| 22. Varsity Boys 100m | |
| 23. Freshman/Sophomore Girls 800m | |
| 24. Freshman/Sophomore Boys 800m | |
| 25. Varsity Girls 800m | |
| 26. Varsity Boys 800m | |

Field Events (Start at 8:30 AM)

- **Long Jump:**
 - Flights with 4 jumps, lowest to best order
 - Run Throughs start at 7:45 AM until 8:20 AM
 - Between each flight, 2 extra run-throughs allowed, no more
 - **Pits:**
 - Varsity Boys: Pit A (by 200m start)
 - Varsity Girls: Pit B (by 300m Hurdles start)
 - JV Girls: Pit A (by 200m start)
 - JV Boys: Pit B (by 300m Hurdles start)
- **Triple Jump:**
 - Flights with 4 jumps, lowest to best order
 - Run Throughs start at the end of Long Jump (only 30 minutes)
 - No Finals
 - **Pits:**
 - Varsity Boys: Pit A (by 200m start)
 - Varsity Girls: Pit B (by 300m Hurdles start)
 - JV Girls: Pit A (by 200m start)
 - JV Boys: Pit B (by 300m Hurdles start)
- **Shot Put:**
 - 4 throws, no finals
 - **Rings:**
 - Freshman/Sophomore Girls: Ring A
 - Varsity Girls: Ring B
 - Freshman/Sophomore Boys: Ring A (after FS Girls)
 - Varsity Boys: Ring B (after Varsity Girls)
- **Discus:**
 - 4 throws, no finals
 - **Rings:**
 - Freshman/Sophomore Boys: Ring A (behind shed)
 - Varsity Boys: Ring B (behind visitor bleachers)
 - Freshman/Sophomore Girls: Ring A (after FS Boys)
 - Varsity Girls: Ring B (after Varsity Boys)
- **Pole Vault (Opening Heights):**
 - Varsity Girls: Start at 7'6", one-foot increments until 8'6", then 6" increments
 - Varsity Boys: Start at 9'6", one-foot increments until 10'6", then 6" increments
 - Freshman/Sophomore Girls: Start at 6'6", one-foot increments until 7'6", then 6" increments
 - Freshman/Sophomore Boys: Start at 8'6", one-foot increments until 9'6", then 6" increments
- **High Jump (Opening Heights):**
 - Freshman/Sophomore Girls: 4'
 - Varsity Girls: 4'2"
 - Freshman/Sophomore Boys: 4'8"
 - Varsity Boys: 5'