



**HAWK RELAYS INVITATIONAL
SCHEDULE OF EVENTS
March 15, 2019**

7:45 am	Worker's meeting
8:00 am	Coaches' Meeting
8:30am	High Jump: VG, VB, JVG, JVB Horizontal Jumps Pit 1: <ul style="list-style-type: none">▪ VB Long Jump, VG Long Jump, VB Triple Jump, VG Triple Jump▪ LJ: 1st legal jump measured, then, minimum measurements for LJ:▪ Boys:19, Girls:14; ALL legal triple jumps will be measured.▪ **Varsity competitors in Long and Triple Jump will get 3 jumps with the top 8 getting 1 more jump
	Horizontal Jumps Pit #1 JVG Long Jump, JVB Long Jump Pit #2 JVB Triple Jump, JVG Triple **JV competitors in Long and Triple Jump will get 3 jumps only.
	Pole Vault: Girls followed by Boys (JV and V compete together)
	Shot Put: VG, VB, JVG, JVB Discus: VB, VG, JVB, JVG **Varsity competitors in Shot and Discus will receive 3 throws with the top 8 receiving 1 more throw; JV competitors in Shot and Discus will receive 3 throws only.
10:30 am	3200m Run VG, JVG, VB, JVB
11:30 am	*Lunch provided for all coaches
12:00 pm	RUNNING FINALS (<i>Rolling Schedule</i>) 4x100m Relay (JVG, VG, JVB, VB) 800m Run (JVG, VG, JVB, VB) 100/110m Hurdles (JVG, VG, JVB, VB) (33"/39") 100m Dash (JVG, VG, JVB, VB) 4x200m Relay (JVG, VG, JVB, VB) 400m Dash (JVB, VG, JVB, VB) 300m Hurdles (JVG, VG, JVB, VB) (30"/36") 200m Dash (JVB, VG, JVB, VB) 1600m Run (JVG, VG, JVB, VB) 4x400m Relay (JVG, VG, JVB, VB)