

Atlas Invitational

Field Events Start @ 1pm

Track Events Start @ 2pm

Order of Events:

- FS Girls
- FS Boys
- Varsity Girls
- Varsity Boys
 - Distance Medley Relay (1200-400-800-1600)
 - 100h
 - 110h
 - 100m
 - Sprint Medley Relay (100-100-200-400)
 - 1600m (combined if possible)
 - 4x100 Relay
 - 400m
 - 300h
 - 800m
 - 200m
 - 2x3200m (can be coed)
 - 4x400
- Field Events
 - Long Jump – Open Pit (90 min, this can be changed depending on total entries)
 - Boys and Girls separate pit
 - FS 3 Jumps, Varsity 4 Jumps
 - Triple Jump (to follow Long Jump – Open Pit (90 min, this can be changed))
 - Boys and Girls separate pit
 - FS 3 Jumps, Varsity 4 Jumps
 - High Jump (opening height – girls 3'8, boys 4'8 unless otherwise agreed on)
 - Girls first, Boys follow
 - Pole Vault (opening height – girls 5'6, boys 6'6 unless otherwise agreed on)
 - Girls first, Boys follow
 - Shot Put
 - FS Boys first, Varsity Boys follow
 - FS 3 throws, Varsity 4 throws
 - Discus
 - FS Girls first, Varsity Girls follow
 - FS 3 throws, Varsity 4 throws