

Pacific Coast Invitational

order of events

Running

1. Girls F/S 1600m 9:00 am
2. Boys F/S 1600m 9:27 am
3. Girls F/S 400m Relay 9:49 am
4. Boys F/S 400m Relay 9:53 am
5. Girls Var 400m Relay 9:58 am
6. Boys Var 400m Relay 10:02 am
7. Girls Var 1600m 10:06 am
8. Boys Var 1600m 10:33 am
9. Girls F/S 100m Hurdles 10:59 am
10. Girls Var 100m Hurdles 11:06 am
11. Boys F/S 110m Hurdles 11:12 am
12. Boys Var 110m Hurdles 11:17 am
13. Girls F/S 400m 11:25 am
14. Boys F/S 400m 11:32 am
15. Girls Var 400m 11:42 am
16. Boys Var 400m 11:51 am
17. Girls F/S 100m 12:06 pm
18. Boys F/S 100m 12:20 pm
19. Girls Var 100m 12:29 pm
20. Boys Var 100m 12:42 pm
21. Girls F/S 800m 12:58 pm
22. Boys F/S 800m 1:14 pm
23. Girls Var 800m 1:29 pm
24. Boys Var 800m 1:42 pm
25. Girls F/S 300m Hurdles 2:01 pm
26. Girls Var 300m Hurdles 2:11 pm
27. Boys F/S 300m Hurdles 2:17 pm
28. Boys Var 300m Hurdles 2:24 pm
29. Girls F/S 3200m 2:36 pm
30. Boys F/S 3200m 2:56 pm
31. Girls F/S 200m 3:11 pm
32. Boys F/S 200m 3:24 pm
33. Girls Var 200m 3:35 pm
34. Boys Var 200m 3:44 pm
35. Girls Var 3200m 3:55 pm
36. Boys Var 3200m 4:15 pm
37. Girls F/S 1600m Relay 4:30 pm
38. Boys F/S 1600m Relay 4:36 pm

39. Girls Var 1600m Relay 4:41 pm

40. Boys Var 1600m Relay 4:47 pm

Field

Long Jump

9:00 am Boys F/S Long Jump

9:00 am Girls F/S Long Jump

To Follow Boys F/S Long Jump Boys Varsity Long Jump

To Follow Girls F/S Long Jump Girls Varsity Long Jump

Triple Jump

To Follow Boys Varsity Long Jump Boys F/S Triple Jump

To Follow Girls Varsity Long Jump Girls F/S Triple Jump

To Follow Boys F/S Triple Jump Boys Varsity Triple Jump To

Follow Girls F/S Triple Jump Girls Varsity Triple Jump

High Jump

9:00 am Boys Varsity opening height: 5-0 10:30 am Girls Varsity opening height: 4-0

11:30 pm Boys F/S opening height: 4-6 12:30 pm Girls F/S opening height: 3-10

Shot Put

9:00 am Boys Varsity

To Follow Boys Varsity Girls Varsity

To Follow Girls Varsity Boys F/S

To Follow Boys F/S Girls F/S

Discus

9:00 am Boys F/S

To Follow Boys F/S Girls F/S

To Follow Girls F/S Boys Varsity

To Follow Boys Varsity Girls Varsity