

Henderson Track and Field Invitational Schedule of Events

Track Events

<u><i>Time</i></u>	<u><i>Event</i></u>	<u><i>Level</i></u>		
3:00	Coaches Meeting	High School		
3:30	100 Meter Dash (Trials)	High School		
3:50	100/110 Meter Hurdles (Trials)	High School		
4:20	Novice 1600m	High School (Novice)		
4:35	200 Meter Dash (Trials)	High School		
4:55	National Anthem	N/A		
5:00	100/110 Meter Hurdles (Finals)	High School		
5:15	4x800 Meter Relay (Finals)	High School		
5:40	100 Meter Dash (Finals)	High School		
5:50	1600 Meter Run (Finals)	High School		
6:25	400 Meter Dash (Finals)	High School		
6:45	Elementary 800 Meter Run	Elementary School		
7:00	4x100 Meter Relay (Finals)	High School		
7:20	300 Meter Hurdles (Finals)	High School		
7:45	800 Meter Run (Finals)	High School		
8:10	200 Meter Dash (Finals)	High School		
8:20	3200 Meter Run (Finals)	High School		
9:00	4x400 Meter Relay (Finals)	High School		

*All track events are girls followed by boys.

*All heats will run slow to fast.

*Time schedule is just a guideline.

Field Events

3:00 – 5:45	Long Jump	Open Pit Boys and Girls Simultaneously	South End Zone	3 Jumps No Finals
6:15 – 8:45	Triple Jump	Open Pit Boys and Girls Simultaneously	South End Zone	3 Jumps No Finals
3:00	Pole Vault	Girls at 3:00 followed by boys	South End Zone	OH-8' OH-9'6"
4:00	High Jump	Boys at 4:00 followed by girls	North End Zone	OH-5'6" OH-4'4"
3:00 5:30	Shot Put	Girls Boys	Practice Field	3 Throws 8 to Finals
3:00 6:00	Discus	Boys Girls	Penn Street Practice Field	3 Throws 8 to Finals
3:00 5:45	Javelin	Boys Girls	Practice Field Home side field	3 Throws 8 to Finals