

PONCA JV TRACK INVITATIONAL

Date: April 18, 2019

ORDER OF EVENTS

(Running events girls followed by boys ~ Field events opposite gender follows)

1:00p.m. Field Events:

Boys and Girls Long Jump (Triple jump will follow)

Girls Shotput (followed by boys)

Boys Discus (followed by girls)

Girls High Jump (followed by boys)

Boys Pole Vault (followed by girls)

2:30p.m. Running Events: Girls followed by Boys

Distance Medley (200-200-400-800)

High Hurdles (Girls 100m and Boys 110M)

100 Meter Dash

400 Meter Dash

1600 Meter Run

400 Meter Relay

300 Meter Hurdles

200 Meter Dash

800 Meter Run

1600 Meter Relay