**Ogden Invitational**

**April 13, 2019**

**Schedule / Order of Events**

9:00- 9:30 - Implement Certification (SW Corner of Stadium)

9:30- Coaches Meeting (Finish Line)

10:00- Girls Shot Put (25’), followed by boys (33’)

Girls Javelin (70’), followed by boys (90’)

Girls Long Jump (12’), followed by boys (17’)

Boys High Jump (5’0), followed by girls (4’0)

Boys Discus (90’), followed by girls (70’)

10:00- Running Events, girls first followed by boys. Timed finals, fastest heat first. We will use a rolling schedule, have your athletes listen for calls.

Medley Relay

100m/110m Hurdles

100m Dash

1600m Run

4x100m Relay

400m Dash

300m Hurdles

800m Run

200m Dash

3200m Run

4x400m Relay