Canyons Challenge Schedule

We will utilize a rolling schedule to keep the meet moving as quickly as possible. The schedule will be the standard NFHS schedule.

Girls Heats will precede boys heats. Fastest heat will go last.

9:00 am start

4 X 800m Relay

100/110m Hurdles

100m Dash

4 x 200m Relay

1600m Run

4 X 100m Relay

400m Dash

300m Hurdles

800m Run

Medley Relay (if needed)

200m Dash

3200m Run

4 X 400m Relay

Field Event Schedule 1st events will start at 9, 2nd events as soon as possible after conclusion of the 1st event if that is earlier than the scheduled start.

9:00am       Girls Shotput

9:00am       Girls Javelin

9:00am       Boys Discus

9:00am       Girls High Jump

9:00am       Boys Long Jump

9:00am       Girls Pole Vault

11:30am     Boys Shotput

11:30am     Boys Javelin

11:30am     Girls Discus

11:30am     Boys High Jump

11:30am     Girls Long Jump

11:30 am    Boys Pole Vault