**Box Elder & Woods Cross @ Northridge**

**Northridge High School – Layton, UT**

**April 21st, 2022**

**Schedule of Events**

3:00 Coaches Meeting

**Running Events (3:30) \*\* Girls first followed by the boys. \*\***

4x800

100/110 Hurdles

100m Dash

4x200m Relay

1600m Run

4x100m Relay

400m Dash

300m Hurdles

800m Run

200m Dash

3200m Run

4x400m Relay

**Field Events (3:15/\*4:45)**

Boy’s Long Jump/Girl’s Long Jump

Girl’s High Jump/Boy’s High Jump

Boy’s Discus/Girl’s Discus

Girl’s Shot Put/Boy’s Shot Put

Girl’s Javelin/Boy’s Javelin

\*The event will start as soon as the one prior is finished\*