**Laramie Invite 4/16/21**

**Schedule of Events**

9:00 a.m. Weigh-ins

1. Weigh-ins for shots, discs.

2. Coaches fill out pole vault weight verification cards.

**Field Events start @ 9:30**

1. Girls and boys pole vault run together.

2. Boys discus followed by girls discus.

3. Boys triple jump followed by girls triple jump.

4. Girls high jump followed by boys high jump.

5. Girls shot put followed by boys shot put.

6. Girls long jump followed by boys long jump.

**Track Events start @ 10:30**

1600 Medley Relay (Girls events will be first)

3200 M Relay – 1 heat girls, 1 heat boys

100 M girls intermediate hurdles

110 M boys high hurdles

100 M Dash

1600 M Run

400 M Relay

400 M Dash

300 M girls low hurdles

300 M boys intermediate Hurdles

800 M Run

200 M Dash

3200 M Run

1600 M Relay