

Northwood Lions Invitational Track and Field Meet
Cushman Field at Red River High School
May 13, 2006

Schedule of Events

Field events - the field events divisions are listed in the order in which they will be run. Three trials in the prelims with the top nine getting three more trials in the finals.

11:00 Start	Shot Put	Boys	12:30	Javelin	Girls
	Javelin	Boys		Long Jump	Girls
	Discus	Girls		Shot Put	Girls
	Triple Jump	Girls		Discus	Boys
	Pole Vault	Boys		High Jump	Girls
	High Jump	Boys		Triple Jump	Boys
	Long Jump	Boys		Pole Vault	Girls

For the long and triple jump, boys will use one runway and girls the other.
Running Events Boys first in similar events. If possible we will keep moving forward, we won't wait to be on schedule, it will roll forward.

12:00	4 x 800 Meter Relay
12:30	300 Meter Hurdles
1:00	100 Meter Dash
1:20	4 x 200 Meter Relay
1:40	1600 Meter run
2:00	4 x 100 Meter Relay
2:20	400 Meter Dash
2:45	100 Meter Hurdles
3:00	110 Meter Hurdles
3:15	800 Meter Run
3:30	200 Meter Dash
3:45	3200 Meter Run
4:10	4 x 400 Meter Relay
4:30	4 x 100 Throwers Relay