

**CNDC Indoor Track and Field Meet
Schedule of Events**

Field

3:30 Shot Put (Boys followed by *Girls*) - 3 throws no finals

Pole Vault (*Girls* followed by Boys)

Long and Triple Jump (Boys followed by *Girls*) - 3 jumps no finals

High Jump (*Girls* followed by Boys)

Running Events (Boys will run first)

4:00 55 Meter hurdles - Boys (39")

55 Meter hurdles - *Girls* (33")

55 Meter Dash

3200 Meter Relay

400 Meter Dash

4 X 1 Lap Relay

1600 Meter Run

800 Meter Run

200 Meter Dash

3200 Meter Run

1600 Meter Relay.