

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

Field

- 3:00 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 (*Girls* will run first)

- 3:45 55 Meter hurdles - *Girls* (33")
55 Meter hurdles - Boys (39")
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.