

**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)

4:00 - 55 Meter Hurdles - Girls (33")

55 Meter Hurdles - Boys (39")

55 Meter Dash

4 x 800 Meter Relay

400 Meter Dash

4 x 1 Lap(160 Meter) Relay

1600 Meter Run

800 Meter Run

200 Meter Dash

3200 Meter Run

4 x 400 Meter Relay.