

HEARTLAND INVITATIONAL TRACK MEET
TUESDAY, April 15, 2014

12:45 P.M. Coaches Scratch Meeting

1:30 P.M. Field Events

	<u>FIRST</u>	<u>SECOND</u>
Shot Put	Boys	Girls
Discus	Girls	Boys
High Jump	Girls	Boys
Long Jump	Boys	Girls
Pole Vault	Boys	Girls
Triple Jump	Girls	Boys

Times are tentative. We will try to run ahead of schedule if possible. **Athletes must be on time for their events.** We will not wait for anyone.

3:00 RUNNING EVENTS

3:00 Girls 3200 Meter Relay - Finals

3:15 Boys 3200 Meter Relay - Finals

3:30 Girls 100 Meter Hurdles - Preliminaries

3:40 Boys 110 Meter High Hurdles - Preliminaries

3:45 Girls 100 Meter Dash - Preliminaries

3:50 Boys 100 Meter Dash - Preliminaries

4:00 Girls 400 Meter Dash - Finals

4:10 Boys 400 Meter Dash - Finals

4:20 Girls 3200 Meter Run - Finals

4:35 Boys 3200 Meter Run - Finals

4:50 Girls 200 Meter Dash - Preliminaries

4:55 Boys 200 Meter Dash - Preliminaries

5:00 - 5:30 BREAK

5:30 Finals

5:30 Girls 100 Meter Hurdles

5:35 Boys 110 Meter High Hurdles

5:40 Girls 100 Meter Dash

5:45 Boys 100 Meter Dash

5:50 Girls 800 Meter Run

6:00 Boys 800 Meter Run

6:15 Girls 300 Meter Low Hurdles

6:25 Boys 300 Meter Intermediate Hurdles

6:40 Girls 200 Meter Dash

6:45 Boys 200 Meter Dash

6:50 Girls 1600 Meter Run

7:00 Boys 1600 Meter Run

7:10 Girls 400 Meter Relay

7:20 Boys 400 Meter Relay

7:30 Girls 1600 Meter Relay

7:40 Boys 1600 Meter Relay

7:45 AWARDS PRESENTATION - North Gym

Scoring: 10 - 8 - 6 - 4 - 2 - 1

Awards: Champion and Runner-up plaques

Medals for first six places in all individual events

Medals for first three places in relays.