**TRINITY FREMONT INVITATIONAL TRACK AND FIELD MEET SCHEDULE**

Field events begin at **10:00 am**.

**High Jump**- 5/6 girls will go first; 7/8 will follow right after, both on the south end.

5/6 boys will go first; 7/8 will follow right after, both on the north end.

**Shot Put** – 5/6 girls will go first, 7/8 will follow right after, both on the SE ring INSIDE the track

5/6 boys will go first, 7/8 boys will follow right after, both on the NE ring INSIDE the track

**Discus**- 7/8 girls will go first, 5/6 girls will follow right after, both on the NE ring OUTSIDE of the fenced area

7/8 boys will go first, 5/6 boys will follow right after, both on the N ring OUTSIDE of the fenced area

**Long Jump**- 5/6 girls will go first; 7/8 will follow right after, both on the East pit

5/6 boys will go first; 7/8 will follow right after, both on the West pit

**\*\*Pits located on East side of track inside fenced area**

Running Events will begin at **about** **11:30 am** in this order:

100 Meter Low Hurdles 5/6 Girls 5/6 Boys 7/8 Girls 30” height

100 M. Intermediate Hurdles 7/8 Boys - 33” height

100 Meter Dash Prelims 5/6 Girls 5/6 Boys 7/8 Girls 7/8 Boys

1200 Meter Run 5/6 Girls 5/6 Boys (possible grouping)

1600 Meter Run 7/8 Girls 7/8Boys (possible grouping)

4 x 1 Relay 5/6 Girls 5/6 Boys 7/8 Girls 7/8 Boys

400 Meter Dash 5/6 Girls 5/6 Boys 7/8 Girls 7/8 Boys

100 Meter Dash Finals 5/6 Girls 5/6 Boys 7/8 Girls 7/8 Boys

800 Meter Run 5/6 Girls 5/6 Boys 7/8 Girls 7/8 Boys (possible grouping)

200 Meter Dash 5/6 Girls 5/6 Boys 7/8 Girls 7/8 Boys

4 x 4 Relay 5/6 Girls 5/6 Boys 7/8 Girls 7/8 Boys

800 M. Mixed Medley Relay 5/6th then 7/8th Two boys and two girls in any arrangement.

The lengths of the legs are in this order: 100, 100, 200, 400.

**Field Event Assignments**:

Girls Long Jump (Christ Norfolk) Boys Long Jump (Immanuel Columbus)

Girls High Jump (Lincoln Lutheran) Boys High Jump (Trinity Fremont)

Girls Discus (St John Battle Creek) Boys Discus (Trinity Madison)

Girls Shot Put (Trinity Grand Island) Boys Shot Put (St John Seward)

**ONE TIMER PER SCHOOL**

**Exchange Zones**:

Zone 1: Trinity Fremont/Immanuel Columbus

Zone 2: Lincoln Lutheran/ Christ Norfolk

Zone 3: St John Seward/ St John Battle Creek