

**UPDATED**

# Indoor High School Meet #1

Hosted by MARIETTA COLLEGE

**SATURDAY, JANUARY 10, 2009 - EVENT SCHEDULE**

10:00 AM	FIELDHOUSE OPENS	*Times in ( ) are approximate. We will run ahead of schedule whenever possible.
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## **FIELD EVENT SCHEDULE:**

12:00 NOON      WEIGHT THROW (GIRLS THEN BOYS – *1:15pm approximate boys start*) **4 throws**  
(3:00)              FOLLOWED BY SHOT PUT (GIRLS AND BOYS AT SAME TIME) **4 throws**  
(6:00)              FOLLOWED BY HIGH JUMP (GIRLS AND BOYS AT THE SAME TIME)

12:00 NOON      LONG JUMP (BOYS THEN GIRLS) **4 jumps** – *Boys Open Pit 12:00-2:00pm, Girls Open Pit 3:00-5:00pm*  
(6:00)              FOLLOWED BY TRIPLE JUMP (BOTH BOYS AND GIRLS AT THE SAME TIME) **4 jumps** – *Boys and Girls Open Pit 6:00-7:00pm*

12:00 NOON      POLE VAULT (GIRLS THEN BOYS - *4:00pm approximate boys start*)

## **RUNNING EVENT SCHEDULE:**

12:55 PM	NATIONAL ANTHEM
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1:00PM	4 x 200m RELAY	(GIRLS THEN BOYS)
(1:40)	55m HURDLES (prelims)	(GIRLS THEN BOYS) <i>top 14 to final</i>
(2:10)	55m DASH (prelims)	(GIRLS THEN BOYS) <i>top 16 to final</i>
(2:55)	4 x 800m RELAY	(GIRLS THEN BOYS) <i>*will combine if possible</i>
(3:20)	55m HURDLES (finals)	<b>(BOYS THEN GIRLS)</b>
(3:35)	55m DASH (finals)	(GIRLS THEN BOYS)
(3:45)	1600m RUN	(GIRLS THEN BOYS)
(4:25)	400m DASH	(GIRLS THEN BOYS)
(4:55)	800m RUN	(GIRLS THEN BOYS)
(5:35)	200m DASH	(GIRLS THEN BOYS)
(6:10)	3200m RUN	(GIRLS THEN BOYS) <i>*will combine if possible</i>
(6:40)	4 x 400m RELAY	(GIRLS THEN BOYS)
(7:15)	APPROXIMATE MEET CONCLUSION	