



TRACK AND FIELD CHAMPIONSHIPS

SATURDAY SCHEDULE

7:45 am

Track open for Warm-ups

8:45 am

Track Closes

9:00 am

First Race

The meet shall be run on a rolling start once the first race begins.

400 Meter relay
800 Meter Run

Prayer and Invocation

100 / 110 Meter Hurdles

100 Meter Dash

800 Meter Relay

400 Meter Dash

300 Meter Hurdles

200 Meter Dash

1600 Meter Run

1600 Meter Relay

Running Order