

Friday Knight Invite  
Mar 10, 2017  
Creekside High School

General Admission: \$5

Time Schedule:

3:00 – Coaches Meeting (home stands)

3:30 - Field events (bonus attempts in throws and jumps and all attempts measured)

Boys Long jump followed by Boys Triple Jump (Three attempts no finals)

Girls Long Jump followed by Girls (Three attempts no finals)

Girls Shot Put followed by Boys (Three attempts no finals)

Boys Discus followed by Girls (Three attempts no finals)

Girls Pole Vault followed by Boys

Boys High Jump followed by Girls

3:30 – 4x800m Girls Followed by Boys.

4x200m Girls Followed by Boys.

5:30 - Running Events

Girls 4x1600

Boys 4x1600

Girls 100mh

Boys 110hh

Girls 100m

Boys 100m

Girls 1600m

Boys 1600m

Girls 4x100m

Boys 4x100m

Girls 400m

Boys 400m

Girls 300mh

Boys 300mh

Girls 800m

Boys 800m

Girls 200m

Boys 200m

Girls 3200m

Boys 3200m

Girls 4x400m

Boys 4x400m