

Tino/De Anza High School Invitational

Meet Schedule (We will not run ahead of schedule unless we are ready to start the 4x400 relays early)

Running (Make sure athletes check in 30 minutes prior to their event or they will be scratched)

11:00 AM	VG 4x100 (2 Heats) VB 4x100 (2 Heats) FSG 4x100 (1 Heats) FSB 4x100 (2 Heats)
11:20 AM	VG 1600 (4 Heats)
11:55 AM	VB 1600 (6 Heats)
12:35 PM	VG 100 Hurdles (5 Heats)
12:50 PM	VB 110 Hurdles (4-5 Heats depending on scratches)
1:05 PM	VG 400 (5 Heats)
1:20 PM	VB 400 (7 Heats)
1:35 PM	FSG 800 Sprint Medley (100, 100, 200, 400) (2 Heats) FSB 800 Sprint Medley (100, 100, 200, 400) (2 Heats)
1:50 PM	VG 100 (13 Heats)
2:15 PM	VB 100 (13-14 Heats depending on scratches)
2:40 PM	VG 800 (4-5 Heats)
3:00 PM	VB 800 (7-8 Heats depending on scratches)
3:25 PM	VG 400H (3-4 Heats depending on scratches)
3:35 PM	VB 400H (4 Heats)
3:45 PM	FSG 4000 DMR (1200, 400, 800, 1600) (1 Heat) FSB 4000 DMR (1200, 400, 800, 1600) (1-2 Heats)
4:20 PM	VG 200 (12-13 Heats)
4:40 PM	VB 200 (13-14 Heats)
5:00 PM	VG 3200 (1 Heat)
5:20 PM	VB 3200 (2 Heats)
5:50 PM	FSG 4x400 (1 Heat) FSB 4x400 (2 Heats) VG 4x400 (2 Heats) VB 4x400 (2 Heats)

Field Events (Make sure athletes know a field event **will not stop** and wait for them if they are in a running event)

9:00 AM	VG Pole Vault (Opening Height 7'0")
9:00 AM	VG Long Jump (4 Flights) North Runway
9:00 AM	VB Long Jump (3 Flights) South Runway
10:00 AM	VG Shot Put (4 Flights)
10:00 AM	VB Discus (4 Flights) Stadium Ring
11:30 AM	VB Pole Vault (Opening Height 8'0")
1:00 PM	VG High Jump (Opening Height 4'4")
1:30 PM	VG Triple Jump (2-3 Flights depending on scratches) North Runway
1:30 PM	VB Triple Jump (3 Flights) South Runway
2:00 PM	VG Discus (4 Flights) South Field Ring
2:30 PM	VB Shot Put (4 Flights)
3:30 PM	VB High Jump (Opening Height 5'0")

Make sure all field event athletes check in 30 minutes prior to their event so we can determine flights at that time. 4 Jumps/Throws each in the vertical jumps and throws.