

2016 4th Annual Tino/De Anza Invitational

Running Schedule

8:30	VG	3200 Reserve	1 Heat
8:45	VB	3200 Reserve	2 Heats
9:15	VG	4x100 Relay	2 Heats
9:25	VB	4x100 Relay	2 Heats
9:35	FSG	4x100 Relay	1 Heat
9:40	FSB	4x100 Relay	1 Heat
9:45	VG	1600	3 Heats
10:10	VB	1600	5 Heats
10:45	VG	100 Hurdles	8 Heats
11:10	VB	110 High Hurdles	7 Heats
11:40	VG	400	7 Heats
12:10	VB	400	7 Heats
12:40	FSG	800 SMR	2 Heats
12:50	FSB	800 SMR	2 Heats
1:00	VG	100	10 Heats
1:30	VB	100	10 Heats
2:00	VG	800	4 Heats
2:20	VB	800	5 Heats
2:45	VG	400 Hurdles	6 Heats
3:15	VB	400 Hurdles	5 Heats
3:40	FSG	DMR	1 Heat
4:00	FSB	DMR	1 Heat
4:20	VG	200	10 Heats
5:00	VB	200	10 Heats
5:40	VG	3200 Fast Heat	1 Heat
5:55	VB	3200 Fast Heat	1 heat
6:10	FSG	4x400 Relay	1 Heat
6:15	FSB	4x400 Relay	1 Heat
6:20	VG	4x400 Relay	2 Heats
6:30	VB	4x400 Relay	2 Heats

Team Winner Award Ceremony to follow after last race.

Field Events

8:30 VG Discus (South Field) 5 Flights (4 Throws) Top Flight 1st
8:30 VB Discus (Football Field) 6 Flights (4 Throws) Top Flight 1st
8:30 VG Shot Put 4 Flights (4 Throws) Bottom Flight 1st

(we will adjust flights if needed to make sure no girls are in Shot and Discus at the same time)

8:30 VG Long Jump (North Pit) 4 Flights (4 Jumps) Top Flight 1st
8:30 VB Long Jump (South Pit) 5 Flights (4 Jumps) Top Flight 1st
9:00 VG Pole Vault Starting Height 8'
11:00 VB Pole Vault Starting Height 9'
12:00 VB Shot Put 6 Flights (4 Throws) Top Flight 1st

(we will adjust flights if needed to make sure no boys are in Shot and Discus at the same time)

12:30 VG Triple Jump (North Pit) 4 Flights (4 Jumps) Top Flight 1st
1:00 VG High Jump Starting Height 4'4"
1:30 VB Triple Jump (South Pit) 4 Flights (4 Jumps) Top Flight 1st
3:30 VB High Jump Starting Height 5'4"

Field Events will not wait if someone leaves for another event. If an athlete checks out to go do another event and their turn is missed, the event will not wait for them to get back. In Horizontal Jumps if they miss their turn they will be given a PASS on that attempt. If they leave a Vertical Jump they will be allowed back in at the height the contest is on. The bar will not wait to be moved up if they are not at the event. Misses will carry over.