

Willow Glen Track and Field Invitational

10th Annual

Saturday, March 7, 2015

Field Events: Check in 30 minutes prior to event.

8:30 AM

F/S High Jump
F/SG Discus
F/S Shot Put
F/S Long Jump
VB Triple Jump
F/S Pole Vault

10:30 AM

VB High Jump
VG Discus
VB Shot Put
VB Long Jump
VG Triple Jump
F/SG Pole Vault

12:30 PM

F/SG High Jump
F/S Discus
F/SG Shot Put
F/SG Long Jump
F/SG Triple Jump
VG Pole Vault

2:30 PM

VG High Jump
VB Discus
VG Shot Put
VG Long Jump
F/S Triple Jump
VB Pole Vault

Track Events (Rolling Time Schedule)

<u>9:00 AM</u>	F/S	3200m Run
9:20 AM	F/SG	3200m Run
9:40: AM	F/S, F/SG, VG, VB,	4x100 Relays
10:30 AM	VG, F/SG, VB, F/S	Hurdles
11:15 AM	VG	3200m Run
11:30 AM	F/S, F/SG, VG, VB.	100m
12:00 PM	VB	3200m Run
Break		
<u>12:30 PM</u>	VG, VB, F/S, F/SG	200m

1:30 PM	VG, VB, F/SG, F/S	800m
<u>Track Events</u>		
2:30 PM	F/SG, VG, F/S, VB	300m IH
3:15 PM	VG, VB, F/SG, F/S	400 m
4:00 PM	VG, VB, F/S, F/SG	1600m
5:00 PM	F/SG, F/S, VG, VB	4x400 Relay

(All Athletes should check in one hour prior to their events.)