

SES JH Invitational Order of Events

Coaches Meeting: 2:45 p.m. (In Front of the Press Box)

Field Events: 3:30 pm

High Jump: 7th Girls followed by 8th Girls (East Pit)
7th Boys followed by 8th Boys (West Pit)
- Opening heights TBD

Pole Vault: 7th/8th Girls together, followed by 7th/8th Boys together (One Pit)
- Opening heights TBD

Long Jump: 7th Girls followed by 8th Girls (East Pit)
7th Boys followed by 8th Boys (West Pit)

Triple Jump will follow the Long Jump with the following schedule:
7th Girls, followed by 8th Girls (East Pit)
7th Boys, followed by 8th Boys (West Pit)

Discus: 7th Girls, followed by 8th Girls (East Ring)
7th Boys, followed by 8th Boys (West Ring)

Shot Put: 8th Girls, followed by 7th Girls (East Ring)
8th Boys, followed by 7th Boys (West Ring)

Javelin: 7th Girls, followed by 8th Girls, followed by 7th Boys, followed by 8th Boys (Upper Practice Field)

Running Events: 4:15 p.m.

Girls 3200 M Run (7th/8th together)
Boys 3200 M Run (7th/8th together)

Running Events: Starting no sooner than 5:00 p.m.

100 M Hurdles (Girls - 30", Boys - 33")
100 M Dash
1600 M Run
4x100 M Relay
400 M Dash
4x200 M Relay
800 M Run
200 M Hurdles
200 M Dash
4x 400 M Relay

All running events will take place in the following order:

7th Grade Girls
8th Grade Girls
7th Grade Boys
8th Grade Boys