

***Metro Conference Track & Field Meet
Brandon Valley-Harrisburg-Jefferson-Lincoln
O’Gorman-Roosevelt-Washington
Thursday, April 27, 2023 Howard Wood Field***

(This is a SDHSAA sanctioned and qualifying meet)

HIGH JUMP: (2:00 PM start) – check in at site NLT 1:30pm

Girls High Jump – followed by boys

Girls Discus – followed by boys

Boys Shot – followed by girls

FIELD EVENTS: (3:00 PM start) – check in at site NLT 2:30pm

Javelin – girls followed by boys

Boys Long Jump (pit 1) – followed by boys Triple Jump (pit 1)

Girls Triple Jump (pit 2) – followed by girls Long Jump (pit 2)

Pole Vault – Boys followed by girls

RUNNING EVENTS: (4:00 PM start)

4:00 pm Girls 4x800 Relay

4:15 pm Boys 4x800 Relay

4:30 pm Girls 100 M Hurdles

4:40 pm Boys 110 M Hurdles

4:50 pm Girls 100 M Dash

4:55 pm Boys 100 M Dash

5:05 pm Girls 4x200 Relay

5:10 pm Boys 4x200 Relay

5:15 pm Girls 1600 M Run

5:25 pm Boys 1600 M Run

5:30 pm Girls 4x100 Relay

5:35 pm Boys 4x100 Relay

5:45 pm Girls 400 M Dash

5:50 pm Boys 400 M Dash

6:00 pm Girls 300 M Hurdles

6:05 pm Boys 300 M Hurdles

6:15 pm Girls Medley Relay

6:20 pm Boys Medley Relay

6:30 pm Girls 800 M Run

6:40 pm Boys 800 M Run

6:50 pm Girls 200 M Dash

6:55 pm Boys 200 M Dash

7:05 pm Girls 3200 M Run

7:20 pm Boys 3200 M Run

7:35 pm Girls 4x400 Relay

7:40 pm Boys 4x400 Relay