

# 23<sup>rd</sup> Atlantic Coast Invitational

Churchland High School

Saturday, June 22, 2024

**Admission:** \$12.00 per person; kids 6 and under are free

Please arrive by 7:45 if you have an early event

## Meet Schedule

Team check-in 7:00 a.m. - 8:00 a.m.

Coaches Meeting 7:45 a.m.

## Field Events

- 8:00 am** Long Jump (girls pit #1) youngest to oldest  
Long Jump (boys pit #2) youngest to oldest  
High Jump (boys then girls) oldest to youngest  
Shot Put (girls circle #1) oldest to youngest  
Shot Put (boys circle #2) oldest to youngest
- 12:00 pm** Discus Throw (boys then girls) oldest to youngest  
Javelin Throw (girls then boys) youngest to oldest
- 2:00 pm** Triple Jump (girls pit #1) youngest to oldest  
Triple Jump (boys pit #2) youngest to oldest  
Pole Vault (girls then boys) youngest to oldest  
Turbo-Javelin (girls then boys) youngest to oldest

## Running Events (rolling schedule; contested youngest to oldest)

- 8:30am 3000m run  
1,500/3,000m Racewalk (final)  
80/100m Hurdles (final)  
100m Hurdles (final)  
110m Hurdles (final)  
**50m Dash (8 & under)**  
100 m (timed final)  
200m Hurdles (final)  
400m Hurdles (final)  
1500 m (final)  
4x100 m Relay (final)  
400m (final)  
800 m (final)  
200 m (final)  
4x400 m Relay (final)