

2023 Falcon Friday- February 24, 2022

(6 Teams)

Unlimited Entries and 2 relays per team

Coaches Meeting at 1:30pm

Field Events (Final- 3 attempts)

Long Jump (Boys & Girls) 2:30pm

Javelin (Girls Followed by Boys) 2:45 pm

High Jump (Girls Followed by Boys) 2:15pm

Shotput (Girls followed by Boys) 3:00pm

Pole Vault (Boys followed by Girls) 2:15pm

Discus (Boys Followed by Girls) 4:30pm (After school gets out)

Triple Jump (After Long Jump) (Add Lines)

**Senior Night* 3:30pm*

Running Events 4:15pm

4x200m Relay 2pm (Potentially Add Lines)

4x800 or 3200m 2:30pm

100m/110m Hurdles

100m

1600m

4x100

400m

400m Hurdles (Add Lines)

800m

200m

4x400m Mixed

Entry Fee: \$125 for one team (Boy or Girls). \$200 for both teams (Boys & Girls).

Additional Lines

400m Hurdles

Distance to the first hurdle- 45.00 m

Distance between each hurdle- 35.00 m

Last Hurdle to finish- 40.00 m

Triple Jump Board

28-32-36

Relay

4x200m Relay