

Ancient City Invitational 3-08-24 Friday

2:45 - Coaches Meeting

3:00 - Javelin Throw Boys/Girls

3:00 - High Jump Girls followed by Boys Starting Heights (G-1.3m, B-1.65m)

3:30 – Rolling Schedule - 1600M B Race G /1600M B Race B /100M B Race G /100M B Race B

3:30 Remaining Field Events

Long Jump Boys Followed by Triple Jump First Jump Measured. After that athletes must jump (LJ G 4.2m, B-5.4m and TJ G-8.4m, B-11.2m)

Pole Vault Girls followed by Boys Starting Heights Girls 2.3m and Boys 3.0m

Shot Put Girls followed by Boys First Throw Measured. After that athletes must hit (G-8m, B-11m) to be measured.

Discus Boys followed by Girls First Throw Measured. After that athletes must hit (G-20m, B-27m) to be measured.

4:30 – 4 x 800M

5:45 - All Finals Girls followed by Boys (Heat against time)

100/110 Hurdles

100M

1600M

4x 100M

400M

400M Hurdles

800M

200M

3200M

4 x 400M

Entry Fee - \$200 for both boys and girls teams, \$150 for one gender

Payable to St. Augustine High School

Medals awarded to 1st Place / Maximum 18 schools- 4 per running events, 3 per field events, 1 relay

Team Trophy for 1st place / Electronic Board for Names and Results by JAC Timing Company