

The Lewis James Invitational

Meet Schedule (Final Correction)

8AM - IMPLEMENT WEIGH IN
8:30AM - COACHES MEETING

9AM• Javelin (B followed by G)
9AM - 4x800m Relay

10AM - Field Events:

- Long Jump (G & B)
- Pole Vault (G followed by B)
- Shot Put (G followed by B)
- Discus (B followed by G)
- High Jump (G followed by B)
- Long Jump followed by Triple Jump
(4 Attempts in the Javelin, LJ, TJ, SP, & Discus)

****Minimum Distance Jumps/ Throws**** Note: All first jumps/throws will be measured. If following jumps/throws do not meet the minimum requirement they WILL NOT be measured.

- Long Jump: Girls 15-0 Boys 18-0
- Triple Jump: Girls 26-0 Boys 38-0
- Shot Put: Girls 25-0 Boys 37-0
- Discus: Girls 50-0 Boys 90-0
- Javelin: Girls 60-0 Boys 100-0

10AM – 3200m

10:30PM Prelims

- 100H
- 110H
- 100M
- 400M
- 4x100
- 400H
- 200m

1PM – Intermission

2PM – Finals

- 100H
- 110H
- 100m
- 1600m (Girls)
- 4x100m
- 400m
- 400H
- 800m
- 200m
- 1600m (Boys)
- 4x400m

Presentation of Awards -

MVP Award: Male & Female

Team Trophies: 1st Place & Runner-up (Male/Female)