

LONG ISLAND Track and Field INVITATIONAL

"The Elite Indoor Meet"

FINAL TIME SCHEDULE WILL BE POSTED WITH
ENTRIES

Order of Events (Girls followed by Boys)

4:15	3200m / 3000m Run
4:30	55m Dash Trials (6 to final-heat winners plus next fastest times)
4:55	1000m Run
5:05	55m Dash Finals
5:15	600m Run
5:30	1500m Race Walk
5:45	55m Hurdles Trials (6 to final-heat winners plus next fastest times)
6:10	300m Dash
6:30	1500m/1600m Run
6:55	55m Hurdles Finals
7:05	Fr/Soph 300m Dash
7:20	Fr/Soph 1600/1500m Run
7:35	4 x 400m Relay
7:50	4 x 200m Relay
8:10	4 x 800m Relay

Field Events

2:30	Boys Weight Throw (Top 3 to final)
3:45	Girls Weight Throw (Top 3 to final)
4:00	Girls Long Jump (Top 3 to final)
5:10	Boys Long Jump (Top 3 to final)
6:20	Girls Triple Jump (Top 3 to final)
7:30	Boys Triple Jump (Top 3 to final)
4:00	Boys Pole Vault
5:30	Girls Pole Vault
4:00	Boys High Jump
6:00	Girls High Jump
4:30	Girls Shot Put (Top 3 to final)
6:30	Boys Shot Put (Top 3 to final)