

"The Long Island Elite Indoor Meet"

Honoring Mr. Richard J Panker

FINAL TIME SCHEDULE

Please report to running events no later than 15min before scheduled race.

Order of Events (Girls followed by Boys)

4:00	3200m Run
4:10	55m Dash Trials (6 to final-heat winners plus next fastest times)
4:40	1000m Run
5:00	55m Dash Finals
5:05	600m Run
5:20	1500m Race Walk
5:40	55m Hurdles Trials (6 to final-heat winners plus next fastest times)
6:05	300m Dash
6:25	1500m/1600m Run
6:50	55m Hurdles Finals
7:00	Fr/Soph 300m Dash
7:20	Fr/Soph 1600/1500m Run
7:40	Mr Richard Panker 4 x 400m Relay
7:50	4 x 200m Relay
8:05	4 x 800m Relay

Times below are event start times. Please report to event 20 minutes before for steps/practice throws.

Field Events

2:00	Boys Weight Throw (Top 6 to final)
3:15	Girls Weight Throw (Top 6 to final)
4:00	Girls Long Jump (Top 3 to final)
5:20	Boys Long Jump (Top 3 to final)
6:10	Girls Triple Jump (Top 3 to final)
7:30	Boys Triple Jump (Top 3 to final)
4:00	Mr Fred McGee Boys Pole Vault
5:30	Mr Fred McGee Girls Pole Vault
4:00	Boys High Jump
5:15	Girls High Jump
4:30	Girls Shot Put (Top 3 to final)
6:30	Boys Shot Put (Top 3 to final)