

Time Schedule: All times are approximate!!!

Field Events

3:45 High Jump - B & G
Long Jump - G-B
Discus - G,B
Shotput - B,G

Running Events

5:00 800 m run - G,B
5:10 5 flight hurdle relay (4 runners) - G,B
5:25 100 m - G,B
5:30 200 m - G,B
5:45 Sprint Medley Relay (100,100,200,400)
5:55 4 x 100 m Relay - G,B
6:05 4 x 200 m Relay - G,B
6:15 1500 m - G
6:25 1500 m - B
6:35 4 x 400 m Relay - G,B

Teams Participating

Hull

Orange City

Sioux Center

Ireton

Sheldon

Rock Valley