CONTINENTAL LEAGUE FROSH/SOPH MEET SCHEDULE WEDNESDAY, MAY 1st

FIELD EVENTS:

 2:30

Triple Jump Girls

Long Jump Boys

Shot Put Girls

High Jump Boys

Pole Vault Girls

Discus Boys

Immediately Following:

 Long Jump Girls

Triple Jump Boys

Discus Girls

Pole Vault Boys

High Jump Girls

Shot Put Boys

RUNNING EVENTS: We will have a rolling schedule – Please have your athletes pay attention to the announcer

2:30 Sprint Medley (1-1- 2-4) Girls

Finals 4 X 800m Relay Girls

Finals 4 X 800m Relay Boys

Finals 100m Hurdles Girls

Finals 110m Hurdles Boys

Finals 100m Dash Girls

Finals 100m Dash Boys

Finals 4 X 200m Relay Girls

Finals 4 X 200m Relay Boys

Finals 1600m Run Girls

Finals 1600m Run Boys

Finals 4 X 100m Run Girls

Finals 4 X 100m Run Boys

Finals 400m Dash Girls

Finals 400m Dash Boys

Finals 300m Hurdles Girls

Finals 300m Hurdles Boys

 Finals 800m Run Girls

Finals 800m Run Boys

 Finals 200m Dash Girls

Finals 200m Dash Boys

Finals 3200m Run Girls

Finals 3200m Run Boys

 Finals 4 X 400m Relay Girls

Finals 4 X 400m Relay Boys

Finals Awards Immediately Following