**Dakota Ridge Invite Schedule 2023**

***8:00am Pole Vault Check/ Shot Discus Implement Weigh In***

**9:00 am Start**

3200m Girls Slow Heat (19-48) then Fast (Top 18)  
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Girls 800 M Medley (Finals Heats v Time)

Girls 4 x 800 M Relay (Finals 2 Heats)

Boys 4 x 800 M Relay (Finals 2 Heats)

Girls 100 M High Hurdles (Finals-Heats v Time)

Boys 110 M High Hurdles (Finals-Heats v Time)

Girls 100 M Dash (Finals-Heats v Time) (max 5 entries per team)

Boys 100 M Dash (Finals-Heats v Time) (max 5 entries per team)

Girls 4 x 200 M Relay (Finals-Heats v Time)

Boys 4 x 200 M Relay (Finals-Heats v Time)

Girls 1600 M Run (Finals-Heats v Time)

Boys 1600 M Run (Finals-Heats v Time)

Girls 4 x 100 M Relay (Finals-Heats v Time)

Boys 4 x 100 M Relay (Finals-Heats v Time)

Girls 400 M Run (Finals-Heats v Time)

Boys 400 M Run (Finals-Heats v Time)

Girls 300 M LH (Finals-Heats v Time)

Boys 300 M HH (Finals-Heats v Time)

Girls 800 M Run (Finals-Heats v Time)

Boys 800 M Run (Finals-Heats v Time)

Girls 200 M Dash (Finals-Heats v Time)

Boys 200 M Dash (Finals-Heats v Time)

Girls 1600m EAGLE JV (max 5 entries per team)

Boys 1600m EAGLE JV (max 5 entries per team)

4 x 400 M Relay (Finals-Heats v Time)

4 x 400 M Relay (Finals-Heats v Time)

9:00 AM Session 1:  Field Events (Top 48 entries, Flights of 12 then Finals of 10)

         Girls Pole Vault, Girls Triple Jump, Girls High Jump (North Pit),

         Boys Long Jump, Girls Shot Put, Boys Discus.

Following Completion of Session 1....Listen for Calls

Boys Pole Vault, Boys Triple Jump, Girls Long Jump, Boys Shot Put,

Girls Discus, Boys High Jump (North Pit)