

Norfolk Catholic Invitational

Schedule of Events

FIELD EVENTS: 10:00 am Start.

Shot Put: Girls followed by Boys

Discus: Boys followed by Girls

High Jump: Boys followed by Girls

Long Jump: Boys Long Jump followed by Boys Triple Jump

Long Jump: Girls Long Jump followed by Girls Triple Jump

Pole Vault: Girls followed by boys

Top eight advance to finals, which immediately follow prelims

RUNNING EVENTS: Appx. 1:00 pm Start Time

Order of Competition: Girls followed by boys

3200 Relay--finals

Hurdle--Prelims Girls 100 followed by Boy 110 Highs

100 meter dash--prelims

400 meter dash--finals

3200 meter run--finals

200 meter dash--prelims

Heat winners and next fastest times advance to finals

FINALS: Start: Following track Prelims

Order of Competition: Girls followed by boys

100 Hurdles

110 High Hurdles

100 meter dash

800 meter run

300 low/int Hurdles

200 meter dash

1600 meter run

400 meter Relay

1600 meter Relay

Athletes using spikes longer than 1/8" in running or jumping events will be disqualified from the meet.

TIMERS AND PICKERS: All races will be timed with our timing system.

Field Events: Norfolk Catholic will try to find workers for all field events, if not able schools will be assigned.

Pole Vault NC/WP High Jump H/N Shot Put NC/Pierce Long Jump/Triple Jump NC/Wakefield

Discus O'Neill/Stanton

Lunch will be provided for coaches.