

MRL Track and Field Finals

Running Events Time Schedule

1. 400m Relay 3:00pm
2. 1600m Run 3:10pm
3. 100/110m Hurdles 3:25pm
4. 400m Run 3:45pm
5. 100m Run 3:55pm
6. 800m Run 4:10pm
7. 300m Hurdles 4:25pm
8. 200m Run 4:35pm
9. 3200m Run 4:45pm
10. 1600m Relay 5:15pm

Field Events Schedule

- Boys Shot Put 2:00pm
- Girls Discus 2:00pm
- Boys Pole Vault 2:00pm
- Girls High Jump 2:00pm
- Boys and Girls Long Jump 2:00pm
- Girls' Shot Put immediately following Boy's Shot Put
- Boys' Discus immediately following Girls' Discus
- Girls' Pole Vault immediately following Boy's Pole Vault
- Boys' High Jump immediately following Girls' High Jump
- Boys and Girls Triple Jump immediately following Long Jump
- Gates Open at 12:30pm
- Weigh-ins for Shot and Disc-1pm
- Pits/rings open at 1:00pm for run throughs and warm-ups for all field events