

# 2017 CRC TRACK MEET

FRIDAY APRIL 28, 2017

At CROSS COUNTY

9:00 AM

## Field Events

Shot ----- Boys followed by Girls  
High Jump----- Girls followed by Boys  
Discus ----- Girls followed by Boys  
Girls LJ ----- Middle Pit  
Boys LJ ----- East or West Pit  
Boys TJ ----- East or West Pit  
Girls TJ ----- Middle Pit  
Pole Vault ----- Boys followed by Girls

Noon

## Running Events

100 M LH (Girls) ----- Prelims  
100 M IH (Boys) ----- Prelims  
100 M Dash ----- Prelims  
400 M Dash ----- Finals  
1200 M Run ----- Finals  
200 M Dash ----- Prelims

## **35 minute Break**

100 M LH (Finals)  
100 M IH (Finals)  
100 M Dash (Finals)  
800 M Dash (Finals)  
200 M LH (Finals)  
200 M Dash (Finals)  
----- 10 minute break -----  
400 M Relay (Finals)  
1600 M Relay (Finals)

