

2019 SAINT FRANCIS HIGH SCHOOL
TRACK AND FIELD INVITATIONAL
RUNNING EVENTS SCHEDULE

Time	Event	Division	Heats
8:00 AM	3000 M	VAR GIRLS	1
8:15 AM	3000 M	VAR BOYS	1
8:30 AM	100 H	FROSH/SOPH GIRLS	3
8:40 AM	100 H	VAR GIRLS	3
8:55 AM	110 H	VAR BOYS	3
9:05 AM	65 H	FROSH/SOPH BOYS	3
9:15 AM	800 M	FROSH/SOPH GIRLS	2
9:30 AM	800 M	FROSH/SOPH BOYS	2
9:40 AM	800 M	VAR GIRLS	2
9:50 AM	800 M	VAR BOYS	2
10:00 AM	400 M	FROSH/SOPH GIRLS	3
	400 M	FROSH/SOPH BOYS	3
10:15 AM	400 M	VAR GIRLS	3
	400 M	VAR BOYS	3
10:30 AM	Mile	FROSH/SOPH GIRLS	1
10:40 AM	Mile	FROSH/SOPH BOYS	1
10:50 AM	Mile	VAR GIRLS	1
11:00 AM	Mile	VAR BOYS	1
11:10 AM	100 M	FROSH/SOPH GIRLS	3
11:20 AM	100 M	FROSH/SOPH BOYS	3
11:30 AM	100 M	VAR GIRLS	3
11:40 AM	100 M	VAR BOYS	3
11:50 AM	300H	FROSH/SOPH GIRLS	3
12:00 AM	300H	VAR GIRLS	3
12:10 AM	300H	FROSH/SOPH BOYS	3
12:20 AM	300H	VAR BOYS	3
12:30 PM	4x200	FROSH/SOPH GIRLS	2
	4x200	FROSH/SOPH BOYS	2
12:45 PM	4x200	VAR GIRLS	2
	4x200	VAR BOYS	2
1:00 PM	National Anthem		
1:15 PM	Invitational 100	Girls	1
	Invitational 100	Boys	1
1:30 PM	Invitational Mile	Girls	1
	Invitational Mile	Boys	1
1:50 PM	4x100	FROSH/SOPH GIRLS	2
2:00 PM	4x100	FROSH/SOPH BOYS	2
2:10 PM	4x100	VAR GIRLS	2
2:20 PM	4x100	VAR BOYS	2
2:30 PM	DMR	FROSH/SOPH GIRLS	1
2:45 PM	DMR	FROSH/SOPH BOYS	1
3:00 PM	SMR	FROSH/SOPH GIRLS	2
3:10 PM	SMR	FROSH/SOPH BOYS	2
3:20 PM	SMR	VAR GIRLS	2
3:30 PM	SMR	VAR BOYS	2
3:40 PM	DMR	VAR GIRLS	1
3:55 PM	DMR	VAR BOYS	1
4:10 PM	4x400	FROSH/SOPH GIRLS	2
4:25 PM	4x400	FROSH/SOPH BOYS	2
4:40 PM	4x400	VAR GIRLS	2
4:55 PM	4x400	VAR BOYS	2

2019 SAINT FRANCIS HIGH SCHOOL
TRACK AND FIELD INVITATIONAL
FIELD EVENTS SCHEDULE

TIME	EVENT	DIVISION	NOTES (possible start heights)
8:00 am	DISCUS	F/S GIRLS	
9:00 am	POLE VAULT	F/S GIRLS	START 5' 9"
9:00 am	LONG JUMP	VAR GIRLS	12' BOARD ONLY
9:00 am	TRIPLE JUMP	VAR BOYS	36' BOARD ONLY
9:00 am	HIGH JUMP	F/S BOYS	START 5' 0"
9:00 am	SHOT PUT	F/S BOYS	
9:30 am	POLE VAULT	F/S BOYS	START 8' 9"
9:45 am	DISCUS	F/S BOYS	
11:00 am	SHOT PUT	F/S GIRLS	
11:30 am	LONG JUMP	VAR BOYS	12' BOARD ONLY
11:30 am	HIGH JUMP	F/S GIRLS	START 4' 0
11:30 am	TRIPLE JUMP	F/S BOYS	32' BOARD ONLY
11:30 am	POLE VAULT	VAR BOYS	START 10' 9"
11:30 am	DISCUS	INVITE GIRLS	
12:15 pm	DISCUS	INVITE BOYS	
1:00 pm	TRIPLE JUMP	VAR GIRLS	24' BOARD ONLY
1:00 pm	HIGH JUMP	VAR BOYS	START 5' 8"
1:00 pm	LONG JUMP	F/S GIRLS	8' BOARD ONLY
1:00 pm	SHOT PUT	VAR BOYS	
1:00 pm	DISCUS	VAR GIRLS	
2:00 pm	HIGH JUMP	VAR GIRLS	START 4' 8
2:00 pm	POLE VAULT	VAR GIRLS	START 7' 9"
3:00 pm	DISCUS	VAR BOYS	
3:00 pm	SHOT PUT	VAR GIRLS	
3:00 pm	TRIPLE JUMP	F/S GIRLS	24' BOARD ONLY
3:00 pm	LONG JUMP	F/S BOYS	12' BOARD ONLY

