**BENSON TRACK & FIELD INVITATIONAL**

FRIDAY APRIL 7, 2023

*ALL EVENTS WILL BE FINALS, NO PRELIMS*

**FIELD EVENTS**   **2:00 pm START**

 **High Jump** BOYS, GIRLS to follow

 **Long Jump** BOYS, **Triple Jump** BOYS to follow

 **Long Jump** GIRLS, **Triple Jump** GIRLS to follow

 **Discus** BOYS, GIRLS to follow

 **Shot Put** GIRLS, BOYS to follow

 **Pole Vault** GIRLS, BOYS to follow (held at North High School)

**RUNNING EVENTS** **3:00 pm START**

*RUNNING EVENTS WILL BE ON A ROLLING SCHEDULE*

**4 X 800 Meter Relay** GIRLS, BOYS to follow

 **100 Meter High** Hurdles GIRLS

 **110 Meter High** Hurdles BOYS

 **100 Meter Dash** GIRLS, BOYS to follow

 **400 Meter Dash** GIRLS, BOYS to follow

 **3200 Meter Run** GIRLS, BOYS to follow

 **800 Meter Run** GIRLS, BOYS to follow

**300 Meter Low Hurdles** GIRLS

 **300 Meter Intermediate Hurdles** BOYS

 **200 Meter Dash** GIRLS, BOYS to follow

 **1600 Meter Run** GIRLS, BOYS to follow

 **4 X 100 Meter Relay** GIRLS, BOYS to follow

**4 x 400 Meter Relay** GIRLS, BOYS to follow

