**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

