

O’Gorman Track and Field

2019 Schedule of Events—5 Team Schedule

Entries – this meet will be conducted using Fully Automatic Timing:

Entry procedures: * Online only at <http://www.athletic.net>

*** Entries are open and will remain open ONLY until 7PM Monday 15th**

*** No race day additions or substitutions will be accepted**

*** Heat/Flight sheets will be available on April 16th**

***We will run a rolling schedule—Time schedule only an estimate!**

***All field events will have 4 trials and no finals**

***Only 10 per event/ 2 Relay Teams**

***Please no tape on the track-markers will be provided**

***Please wear correct spikes for events**

Field Events Start at 3:30pm

Girls shot-followed by boys

Boys Discus-followed by girls

Boys/Girls PV Together

Girls LJ-followed by boys

Boys HJ-followed by girls

***Triple jump will follow as soon as LJ is finished-Girls first**

Running Events Start at 3:45pm—Rolling schedule. Time is only an estimate

3:45pm-Girls 4X800 Relay

4:00pm-Girls 4X800 Relay

4:15pm-Girls Hurdles

4:25pm-Boys Hurdles

4:35pm-Girls 100

4:45pm-Boys 100

4:55pm-Girls 4X200

5:00pm-Boys 4X200

5:10pm-Girls 1600

5:20pm-Boys 1600

5:30pm-Girls 4X100

5:35pm-Boys 4X100

5:40pm-Girls 400

5:50pm-Boys 400

6:05pm-Girls 300 Hurdles

6:15pm-Boys 300 Hurdles

6:30pm-Girls Medley

6:35pm-Boys Medley

6:40pm-Girls 800

6:50pm-Boys 800

7:00pm-Girls 200

7:10pm-Boys 200

7:25pm-Girls/Boys 3200- Plane to run together!

7:40pm-Girls 4X400

7:50pm-Boys 4X400

8:00pm—Results.

Please call with any questions.