**Dakota Valley Invitational Track Meet**

**Tuesday, April 23, 2019**

# 4:00 Field Events

**4:00**

Girls Shot Put followed by Boys Shot Put

Girls High Jump followed by Boys High Jump

Girls Long Jump followed by Girls Triple Jump

Boys Long Jump followed by Boys Triple Jump

Boys Discus followed by Girls Discus

Girls/Boys Pole Vault

## 4:15 Running Events (Rolling Schedule)

4:15 Girls 3200 Meter Relay

Boys 3200 Meter Relay

Girls 100 Meter Hurdles

Boys 110 Meter Hurdles

Girls 100 Meter Dash

Boys 100 Meter Dash

Girls 800 Meter Relay

Boys 800 Meter Relay

Girls 1600 Meter Run

Boys 1600 Meter Run

Girls 400 Meter Relay

Boys 400 Meter Relay

Girls 400 Meter Dash

Boys 400 Meter Dash

Girls 300 Meter Hurdles

Boys 300 Meter Hurdles

Girls Medley Relay

Boys Medley Relay

Girls 800 Meter Run

Boys 800 Meter Run

Girls 200 Meter Dash

Boys 200 Meter Dash

Girls/Boys 3200 Meter Run-Run Together

Girls 1600 Meter Relay

Boys 1600 Meter Relay

\*\*\*Coed 400 Weight Person Relay (2 Females/2 Males)

\*\*\*This event will not receive awards or be scored. All four runners must be throwers.\*\*\*