**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.\*\*\*