

Track and Field Meet
April 19, 2022
Brandon Valley High School

Participating Teams:

Brandon Valley, Sergeant Bluff-Luton, SC Heelan, O’Gorman, SF Washington, Yankton

VARSITY TRACK AND FIELD MEET
TUESDAY, APRIL 19, 2022
Brandon Valley/SB-L/ SC Heelan/O’Gorman/SF Washington/Yankton

Schedule of Events

Field Events

3:30 Boys Javelin, followed by Girls Javelin (**Middle School FB Field**)

4:00 Boys Shot Put, followed by Girls Shot Put
Girls Discus, followed by Boys Discus
Boys Long Jump, followed by Girls Long Jump
Girls High Jump, followed by Boys High Jump
Girls Triple Jump, followed by Boys Triple Jump
Pole Vault – together

(Eight to Finals in SP, DT, LJ, TJ, J)

4:00 **Running Events**

3200 Relay (4 x 800) *May combine **all** teams into one race*

100 Meter Hurdles

110 Meter Hurdles

100 Meter Dash

800 Relay (4 x 200)

1600 Meter Run *Girls one race, boys one race.

400 Meter Relay (4 x 100)

400 Meter Dash

300 Meter Hurdles

Medley Relay (200,200,400,800)

800 Meter Run

200 Meter Dash

3200 Meter Run *May combine into only one race*

1600 Meter Relay (4 x 400)