

**Entry fee is \$150. Please make checks payable to Washington School.**

**FIELD EVENTS**

**9:00 AM**

JR High Girls Shot Put  
JR High Boys Shot Put  
Varsity Girls Discus  
Varsity Boys Discus  
JR High Girls High Jump  
JR High Boys High Jump  
Varsity Girls Long Jump  
Varsity Boys Long Jump  
JR Boys Pole Vault

**9:30 AM**

JR High Girls Pole Vault

**10:00 AM**

Varsity Girls Shot Put  
Varsity Boys Shot Put  
JR High Girls Discus  
JR High Boys Discus  
Varsity Girls High Jump  
Varsity Boys High Jump  
JR High Girls Long Jump  
JR High Boys Long Jump  
Varsity Boys Pole Vault

**11:00 AM**

JR High Girls Triple Jump  
JR High Boys Triple Jump  
Varsity Girls Pole Vault

**12:00 PM**

Varsity Girls Triple Jump  
Varsity Boys Triple Jump

## **RUNNING EVENTS**

12:30 Varsity Girls 3200m Run

12:50 JR Boys 3200m Run

## **1:15 NATIONAL ANTHEM**

1:20 JR High Girls 300m Hurdles

1:28 Varsity Girls 300m Hurdles

1:36 JR High Boys 300m Hurdles

1:44 Varsity Boys 300m Hurdles

1:52 JR High Girls 800m Relay

1:58 Varsity Girls 800m Relay

2:04 JR High Boys 800m Relay

2:10 Varsity Boys 800m Relay

2:16 JR High Girls 3200m Relay

2:31 Varsity Girls 3200m Relay

2:46 JR High Boys 3200m Relay

3:00 Varsity Boys 3200m Relay

3:15 JR High Girls 400m Relay

3:21 Varsity Girls 400m Relay

3:27 JR High Boys 400m Relay

3:33 Varsity Boys 400m Relay

3:39 JR High Girls 100m Hurdles

3:47 Varsity Girls 100m Hurdles

3:55 JR High Boys 110m Hurdles

4:03 Varsity Boys 110m Hurdles

4:11 JR High Girls 100m Dash

4:19 Varsity Girls 100m Dash  
4:27 JR High Boys 100m Dash  
4:35 Varsity Boys 100m Dash  
4:43 JR High Girls 1600m Run  
4:53 Varsity Girls 1600m Run  
5:03 JR High Boys 1600m Run  
5:13 Varsity Boys 1600m Run  
5:20 JR High Girls 400m Dash  
5:30 Varsity Girls 400m Dash  
5:40 Varsity Girls 400m Dash  
5:50 JR High Boys 400m Dash  
6:00 Varsity Boys 400m Dash  
6:10 JR High Girls 800m Run  
6:15 Varsity Girls 800m Run  
6:20 JR High Boys 800m Run  
6:25 Varsity Boys 800m Run  
6:30 JR High Girls 200m Dash  
6:40 Varsity Girls 200m Dash  
6:50 JR High Boys 200m Dash  
7:00 Varsity Boys 200m Dash  
7:10 Varsity Boys 3200m Run  
7:25 JR High Girls 1600m Relay  
7:31 Varsity Girls 1600m Relay  
7:37 JR High Boys 1600m Relay  
7:43 Varsity Boys 1600m Relay

### **OPENING HEIGHTS**

JR High Girls' High Jump 3' 8" Raise in 2" Intervals

JR High Boys' High Jump. 4' 10" Raise in 2" Intervals

Varsity Girls High Jump 4' 0" Raise in 2" Intervals

Varsity Boys' High Jump 5' 2" Raise in 2" Intervals

JR High Girls Pole Vault - 6'6"

Varsity Girls Pole Vault - 7'

JR High Boys Pole Vault - 7'6"

Varsity Boys Pole Vault - 8'

### ***POLE VAULT WILL BE RAISED IN 6" INTERVALS***

**\*\*\*\*(Participants in the Shot Put, Discus, Long Jump, and Triple Jump will be allowed 4 attempts.)**

### **HURDLE HEIGHTS**

JVG / JVB / Varsity Girls' 300 Meter Low Hurdle Height - 30"

Varsity Boys' 300 Meter Intermediate Hurdle Height - 36"

JVG / Varsity Girls' 100 Meter Low Hurdle Height - 33"

JVB 110 Low Hurdle Height - 33"

Varsity Boys' 110 Meter High Hurdle Height - 39"

**SCRATCH MEETING AT 12:00 AT THE CLERK OF THE COURSE TABLE LOCATED ON THE INFIELD.**

**TEAMS MAY ENTER 2 PARTICIPANTS IN EVERY EVENT INCLUDING LANE RACES; NO UNATTACHED.**

**FIELD EVENT PARTICIPANTS MAY SCRATCH AT THE EVENT.**

**ALL SCRATCHES FOR RUNNING EVENTS MUST BE MADE BY 12:15.**