

Willow Creek @ Frontier – April 13<sup>th</sup>, 2023

**Estimated** Schedule of Events

\*ROLLING SCHEDULE\*

**TRACK EVENTS**

2:30 – Girls 100m Dash (7<sup>th</sup>, 8<sup>th</sup>, then 9<sup>th</sup>) ~5 Heats  
2:45 – Boys 100m Dash (7<sup>th</sup>, 8<sup>th</sup>, then 9<sup>th</sup>) ~6 Heats  
3:00 – Girls 1600m Run (7<sup>th</sup>, 8<sup>th</sup> and 9<sup>th</sup> together) ~2 Heats  
3:20 – Boys 1600m Run (7<sup>th</sup>, 8<sup>th</sup> and 9<sup>th</sup> together) ~2 Heats  
3:40 – Girls 4x100m Relay (7<sup>th</sup>, 8<sup>th</sup>, and 9<sup>th</sup> together) 1 Heat  
3:45 – Boys 4x100m Relay (7<sup>th</sup>, 8<sup>th</sup>, and 9<sup>th</sup> together) 1 Heat  
3:50 – Girls 400m Dash (7<sup>th</sup>, 8<sup>th</sup>, then 9<sup>th</sup>) ~5 Heats  
4:05 – Boys 400m Dash (7<sup>th</sup>, 8<sup>th</sup>, then 9<sup>th</sup>) ~5 Heats  
4:20 – Girls 800m Run (7<sup>th</sup>, 8<sup>th</sup> and 9<sup>th</sup> together) ~2 Heats  
4:35 – Boys 800m Run (7<sup>th</sup>, 8<sup>th</sup> and 9<sup>th</sup> together) ~2 Heats  
4:50 – Girls 200m Dash (7<sup>th</sup>, 8<sup>th</sup>, then 9<sup>th</sup>) ~4 Heats  
5:00 – Boys 200m Dash (7<sup>th</sup>, 8<sup>th</sup>, then 9<sup>th</sup>) ~5 Heats  
5:15 – Girls 4x400m Relay (7<sup>th</sup>, 8<sup>th</sup>, and 9<sup>th</sup> together) ~1 Heat  
5:25 – Boys 4x400m Relay (7<sup>th</sup>, 8<sup>th</sup>, and 9<sup>th</sup> together) ~1 Heat

**TRACK EVENTS**

2:30 – Boys Shotput – Right Pit (9<sup>th</sup>, 8<sup>th</sup>, then 7<sup>th</sup>) ~3 Flights

2:30 – Girls Shotput – Left Pit (9<sup>th</sup>, 8<sup>th</sup>, then 7<sup>th</sup>) ~3 Flights

2:30 – Boys Long Jump – (7<sup>th</sup>, 8<sup>th</sup>, then 9<sup>th</sup>) ~3 Flights

4:00 – Girls Long Jump – (7<sup>th</sup>, 8<sup>th</sup>, then 9<sup>th</sup>) ~3 Flights

2:30 – Girls High Jump (Open Pit: Starts at 3'6")

4:00 – Boys High Jump (Open Pit: Starts at 4'0")