

Bob Camien / Claudia Welch Invitational Track Meet
Previously known as "Seaman Relays"
Friday, April 28, 2017

FIELD EVENTS

3:00 pm.	BOYS SHOT	GIRLS to follow
	GIRLS DISCUS	BOYS to follow
	GIRLS JAVELIN	BOYS to follow
	GIRLS HIGH JUMP	BOYS to follow
	BOYS LONG JUMP	BOYS TRIPLE JUMP to follow
	GIRLS LONG JUMP	GIRLS TRIPLE JUMP to follow
	BOYS POLE VAULT	GIRLS to follow
	<u>(NOTE: ONLY (4) JUMPS IN THE BOYS & GIRLS TRIPLE JUMP)</u>	

PRELIMINARIES

3:30	100m HH	GIRLS	4 HEATS
3:45	110m HH	BOYS	4 HEATS
4:00	100m	GIRLS	4 HEATS
4:15	100m	BOYS	4 HEATS
4:30	200m	GIRLS	4 HEATS
4:45	200m	BOYS	4 HEATS

FINALS

5:30	4x800m Relay	GIRLS	
5:45	4x800m Relay	BOYS	
6:00	100m HH	GIRLS	
6:10	110m HH	BOYS	
6:20	100m	GIRLS	
6:25	100m	BOYS	
6:30	1600m	GIRLS	2 HEATS
6:45	1600m	BOYS	2 HEATS
7:00	4x100 m Relay	GIRLS	2 HEATS
7:10	4x100 m Relay	BOYS	2 HEATS
7:20	400m	GIRLS	5 HEATS
7:40	400m	BOYS	5 HEATS
8:00	300m LH	GIRLS	5 HEATS
8:20	300m IH	BOYS	5 HEATS
8:40	800m	GIRLS	2 HEATS
8:55	800m	BOYS	2 HEATS
9:10	200m	GIRLS	
9:15	200m	BOYS	
9:20	3200m	GIRLS	
9:35	3200m	BOYS	
9:50	4x400 m Relay	GIRLS	2 HEATS
10:00	4x400 m Relay	BOYS	2 HEATS

Athletes: Please be aware that times are approximate. We will run ahead of posted schedule if time allows. The meet will not be held up if a contestant fails to report.