

FRONTIER VS Washington/South

DATE 4/7/21 TIME 3:45PM

SCORING 5-3-2-1 individual, 5-3  
relays

**BOYS-----GIRLS**

UN ENTRIES: 100, 200, 400, hurdles

UN ENTRIES: 800, 1600

UN ENTRIES: RELAYS

UN ENTRIES: FIELD EVENTS

QUESTIONS? CALL:  
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**FIELD EVENTS:** TIME 3:45PM

**DISCUS:** girls then boys, 3 throws

**SHOT PUT:** boys then girls, 3 throws

**HIGH JUMP:** boys first-4'4 open,  
then girls-3'10 open, 2" raises

**POLE VAULT:** girls & boys together,  
5' open, 6" raises

**LONG JUMP:** boys and girls  
combined, 3 jumps, cafeteria style,  
60 minute limit

**TRIPLE JUMP:** boys and girls  
combined, following long jump, 3  
jumps, cafeteria style, 60 minute limit

**ORDER OF RUNNING EVENTS:**  
(girls first, then boys)

**TIME:** 4:00PM

4X800 (Boys and Girls may run  
together, depending on entries)

100M HURDLES (G)-30"  
100M HURDLES (B)-33"

100M

4X200

1600M RUN

4X100

400M DASH

800M

200M

4X400

Revised: 12-10-20