



# THE COACH "O" INVITATIONAL

## Track Meet Schedule

Gates open at 7:30, Running events will start at **9:00 a.m.** and will be on a rolling schedule as follows:

3000m run
80m / 100m / 110m hurdles
400m dash
4x100m Relay
Parent/Coach Relay
1500m run
100m dash
1500m walk
800m run
200m dash

Field events will start as follows:

<b>Long Jump</b> <b>8:30a.m.</b>	<b>Javelin</b> <b>8:30 a.m.</b>	<b>High Jump</b> <b>10:00 a.m.</b>	<b>Shot Put</b> <b>10:00 a.m.</b>
Ascending order	All participants	Ascending order	Descending order