



THE COACH "O" INVITATIONAL

Track Meet Schedule

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
4x400m Relay

Field events will proceed as follows:

Long Jump 8:30a.m.	High Jump 10:00 a.m.	Shot Put 8:30 a.m.
Ascending order	All participants	Descending order