



April 30, 2022  
@ Discovery HS  
Lawrenceville

## GRIND MEET SCHEDULE

Track Events	
9:00 a.m. (rolling)	<b>3000m run</b> (9-10, 11-12, 13-14, 15-16, 17-18, Open, Masters)
	<b>Sprint hurdles</b> (Masters, Open, 17-18, 15-16, 13-14, 11-12)
	<b>400m dash</b> (6U, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18, Open, Masters)
	<b>4x100m relay</b> (7-8, 9-10, 11-12, 13-14, 15-16, 17-18, Open, Masters)
	<b>1500m run</b> (7-8, 9-10, 11-12, 13-14, 15-16, 17-18, Open, Masters)
1:30 p.m. +/- 30 minutes (rolling)	<b>100m dash</b> (6U, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18, Open, Masters)
	<b>800m run</b> (6U, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18, Open, Masters)
	<b>200m dash</b> (6U, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18, Open, Masters)
	<b>200m/400m hurdles</b> (13-14, 15-16, 17-18, Open, Masters)
	<b>4x400m relay</b> (8U, 9-10, 11-12, 13-14, 15-16, 17-18, Open, Masters)

Field Events	
8:30 a.m.	<b>Triple jump</b> (Masters, Open, 17-18, 15-16, 13-14)
	<b>Long jump</b> (Masters, Open, 17-18, 15-16; 6U, 7-8, 9-10, 11-12, 13-14)
9:00 a.m.	<b>Discus throw</b> (11-12, 13-14, 15-16, 17-18, Open, Masters)
	<b>Javelin throw</b> (Masters, Open, 17-18, 15-16, 13-14, 11-12, 9-10, 7-8, 6U)
12:00 p.m.	<b>Shot put</b> (7-8, 9-10, 11-12, 13-14, 15-16, 17-18, Open, Masters)
1:00 p.m.	<b>High jump</b> (9-10, 11-12, 13-14, 15-16, 17-18, Open, Masters)

[www.tracklab.events](http://www.tracklab.events)