

# St.Charles North

## North Star Invite Time Schedule

\*The only definite start times are the 9:30 start of the field events and the 10:00 start of the semifinals in the 100m.

\*EVERYTHING ELSE IS APPROXIMATE (known as a “Rolling Schedule”)

9:30	<u>Field Events</u>	High Jump (combined) Pole Vault (combined) Long Jump (Varsity 1 <sup>st</sup> ) Triple Jump (JV 1 <sup>st</sup> ) Shot Put (Varsity 1 <sup>st</sup> ) Discus (JV First)
10:45	<u>Field Events</u>	Long Jump (JV) Triple Jump (Varsity) Shot Put (JV) Discus (Varsity)
	<u>Running Events</u>	
10:00	Semifinals	100 M Dash (4 heats)
10:15	<i>JV followed by Varsity</i>	100 M Hurdles (4 heats)
10:30		3200 M Run (JV heat)
10:50		200 M Dash (4 heats)
11:00		National Anthem
	Finals – <i>JV followed by Varsity</i>	
11:05		4 x 800 M Relay (2 heats)
11:45		4 x 100 M Relay (2 heats)
12:00		3200 M Run (Varsity)
12:20		100 M Hurdle Finals (2 heats)
12:25		100 M Dash Finals (2 heats)
12:30		800 M Run (2-4 heats)
12:50		4 x 200 M Relay (2 heats)
1:00		400 M Dash (4 heats)
1:20		300 M Hurdles (4 heats)
1:40		1600 M Run (2 heats)
1:55		200 M Dash Finals (2 heats)
2:00		4 x 400 M Relay (2 heats)
2:10		Team cool-down & stretch