

**2013 Mt Assisi Girls
Fast Times Indoor Invitational
At Lewis University**

Saturday March 23rd 2013 – Time Schedule

Field Events

10:00 AM

**Long Jump (Pit is open for 2 hours / 4 jumps each)
High Jump (Starting height is 4'4)
Shot Put (Flights with top 9 making finals)
Pole Vault (Starting height is 6'6)**

1:00 PM

**Triple Jump (24' minimum board / Pit is open for
2 hours /(4 jumps each)**

Running Events

10:30 AM

**55 Hurdle Prelims (2 heat final, top 12 times advance)
55m Dash (2 heat final, top 12 times advance)
4 X 800m
3200m
55 Hurdle Final
55m Dash Final
800m
4 X 200m
400m
1600m
200m
4 X 400m**