# 9th Annual Twin Valley Raider Invitational

# 2019 Meet Schedule

**April 18, 2019**

## Track Events – All track events Girls then Boys

100-110 High Hurdle Trials 4:00

100 m Dash Trials 4:20

1600 m *Novice* Run 4:35

200 m Dash Trials 5:05

*National Anthem – The K-6th Community Youth Run* 5:30

4x800 m Relay 5:50

100-110 High Hurdles Finals 6:20

100 m Dash Finals 6:30

1600 m Run 6:35

4 x 100 m Relay 7:05

400 m Run 7:25

Sprint Medley *Novice* Relay (400, 200, 200, 800)7:45

300 m Hurdles 8:15

800 m Run 8:35

200 m Dash Finals 8:50

3200 m Run 9:00

4 x 400 m Relay 9:30

## Field Events – Throws

3:30 Boys Javelin – Boys Shot – Girls Discus

5:30 Boys Discus – Girls Javelin – Girls Shot

## Field Events - Jumps

4:00 Girls Pole Vault – Boys will Follow

4:00 Boys High Jump – Girls will Follow

5:00 Boys Long Jump – Boys Triple Jump will Follow (same pit)

5:00 Girls Triple Jump – Girls Long Jump will Follow (same pit)

**All times are approximate – for general planning purposes and spectators. We will allow the invite to get ahead of schedule.**