



**HORNET INVITATIONAL  
MIDDLE SCHOOL SHOWDON  
MARCH 29**



Friday, March 29

Friday Session (MIDDLE SCHOOL/VARSITY)

Running Events (FINALS ON TIME)

2:00 PM	100m/110m Hurdles	Middle
	100 m Dash	Middle
	1600m Run	Middle
	4 x 100m Relay	Middle
	800m Dash	Middle/Varsity
	400m Run	Middle
	200m Run	Middle/Varsity
	3200m Run	Varsity
	4 x 400m Relay	Middle

Field Events (3 ATTEMPTS)

1:00 PM	Girls Long Jump (West Runway)	Middle
	Boys Long Jump (East Runway)	Middle
	Shot Put (Boys, then Girls)	Middle
	High Jump (Boys, then Girls)	Middle
4:00 PM	Girls Discus (South Circle)	Varsity
	Boys Discus (North Circle)	Varsity
	Girls High Jump	Varsity
	Girls Pole Vault	Varsity
5:15 PM	Boys High Jump	Varsity

\*Rolling schedule; Girls, followed by Boys

**Middle School - Starting Heights and Minimum Measurements**

All first attempts will be measured. Each athlete will be granted 3 throws or horizontal jumps with no finals.

	Boys	Girls
Long Jump	15'0"	12'0"
High Jump	5'0"	4'0"
Shot Put	35'0"	20'0"