

## **Puma/Henderson Track and Field Invitational Schedule of Events**

### **Track Events**

<u><b>Time</b></u>	<u><b>Event</b></u>	<u><b>Level</b></u>	<u><b>Minimum Standards</b></u>	<u><b>District 1 Standard</b></u>
2:30	100/110 Meter Hurdles (Trials)	High School	17.95/16.95	16.3/15.2
2:50	100 Meter Dash(Trials)	High School	13.50/11.65	12.8/11.0
3:20	Novice 1600m	High School (Novice)	6:10/5:05	NA
4:00	200 Meter Dash (Trials)	High School	27.50/24.25	26.0/22.7
4:30	National Anthem	N/A		
4:35	Wall of Fame Induction			
4:50	100/110 Meter Hurdles (Finals)	High School		
5:00	4x800 Meter Relay (Finals)	High School	NA	NA
5:25	100 Meter Dash (Finals)	High School		
5:35	1600 Meter Run (Finals)	High School	5:45/4:45	5:25/4:29
6:20	400 Meter Dash (Finals)	High School	63.22/53.54	60.0/51.0
6:50	Elementary 800 Meter Run	Elementary School	NA	NA
6:55	4x100 Meter Relay (Finals)	High School	NA	NA
7:15	300 Meter Hurdles (Finals)	High School	50.50/43.50	47.8/41.0
7:35	Men's/Women's Elite 800	Elite	1:48/2:05	
7:42	800 Meter Run (Finals)	High School	2:30/2:04.5	2:23/2:00
8:15	Men's/Women's Elite Mile	Elite	4:00/4:45	NA
8:25	200 Meter Final	High School		
8:35	3200 Meter Run(Final)	High School	10:00/11:50	9:50/11:40
9:15	4 x 400 Relay	High School	NA	NA

\*All track events are girls followed by boys. Please note the minimum standards and the standards to get more than 2 athletes into the meet. **No athletes may be entered who do not meet the minimum standards.**

\*All heats will run slow to fast. \*Time schedule is just a guideline.

### **Field Events**

2:30 – 5:45	Long Jump	Open Pit-Girls 2:30-4:00 Boys -4:15-5:45	North End Zone	3 Jumps No Finals
6:00 – 9:15	Triple Jump	Open Pit-Girls 6:00-7:30 Boys-7:45-9:15	North End Zone	3 Jumps No Finals
2:30	Pole Vault	Girls at 2:30 followed by boys	North End Zone	OH-9' OH-12'
3:00	High Jump	Boys at 3:00 followed by girls	South End Zone	OH-5'10" OH-4'10"
2:30 5:00	Shot Put	Girls Boys	Practice Field	3 Throws 8 to Finals
2:30 5:30	Discus	Boys Girls	Penn St Field	3 Throws 8 to Finals
2:30 5:15	Javelin	Girls Boys	Practice Field	3 Throws 9 to Finals

- Minimum Standards: SP-Boys-42' Girls-31', Discus-Boys-125' Girls 90'
- Javelin-Boys-140' Girls-90' LJ-Boys-20'6" Girls-16' TJ-Boys-40'6" Girls-32'6"
- HJ-Girls-4'10" Boys-5'10" PV-Girls-9' Boys-12'

**Please do not enter anyone who can't achieve the minimum standards. If you enter athletes below the minimum standards, the entry will be rejected.**