

LADY SCOTS TRACK & FIELD DUAL MEET
SCHEDULE OF EVENTS
Forney & HP
January 29, 2021

FIELD EVENTS

3:30 - 4:00 Pole Vault
 Shot Put
 Triple Jump

4:00 - 4:30 Discus
 High Jump
 Long Jump

ORDER OF RUNNING EVENTS

3:30 p.m. 3200 M Run

4:35 4 x 100 M Relay

800 M Run

100 M Hurdles (4H - run through the finish line)

100 M Dash

4 x 200 M Relay

400 M Dash

300 M Hurdles (3H - run through the finish line)

1600 M Run

4 x 400 M Relay

BACK ON TRACK