

# Lander Twilight Track Meet

April 18, 2019

## Order of Events

**3:00 PM Field Events & 1600 Medley Relay Begins**

**4:00 PM Running Events Begin**

| <b>EVENT</b>      |         |        |       |
|-------------------|---------|--------|-------|
| 1600 Medley Relay | 3:00 pm | Finals | Girls |
| 1600 Medley Relay | 3:00 pm | Finals | Boys  |
| 100 M IH          | 4:00 pm | Finals | Girls |
| 110 M HH          |         | Finals | Boys  |
| 100 M Dash        |         | Finals | Girls |
| 100 M Dash        |         | Finals | Boys  |
| 1600 M Run        |         | Finals | Girls |
| 1600 M Run        |         | Finals | Boys  |
| 400 M Relay       |         | Finals | Girls |
| 400 M Relay       |         | Finals | Boys  |
| 400 M Run         |         | Finals | Girls |
| 400 M Run         |         | Finals | Boys  |
| 300 M LH          |         | Finals | Girls |
| 300 M IH          |         | Finals | Boys  |
| 800 M Run         |         | Finals | Girls |
| 800 M Run         |         | Finals | Boys  |
| 200 M Dash        |         | Finals | Girls |
| 200 M Dash        |         | Finals | Boys  |
| 3200 M Run        |         | Finals | Girls |
| 3200 M Run        |         | Finals | Boys  |
| 1600 M Relay      |         | Finals | Girls |
| 1600 M Relay      |         | Finals | Boys  |

## **Field Event Information**

Pole Vault: Boys followed by Girls

Long Jump: Boys followed by Girls

Triple Jump: Girls followed by Boys

High Jump: Boys followed by Girls

Shot Put: Boys followed by Girls

Discus: Girls followed by Boys