North Gwinnett Time Trial

February 13, 2020

Running event times are estimates...we will work on a rolling schedule  
  
We will not have hurdles, 3200 meter run, or relays.   
Events: 1600, 100, 400, 800, 200, Long Jump, Triple Jump, High Jump, Shot Put, Discus, Pole Vault (We may limit the throws and jumps to 2 throws/jumps depending on number of entries) No Finals  
  
FIELD EVENTS:   
Participants should report to their respective competition areas.   
Field events start at 3:45 PM.

3:45 PM

Girls Discus –

Boys Shot –  
Long Jump -

Pole Vault (Girls followed by Boys) – North Gwinnett

High Jump (Boys followed by Girls) – North Gwinnett

4:45 PM

Girls Shot –

Boys Discus –

Triple Jump (Girls followed by Boys; the triple jump will follow the long jump)

RUNNING EVENTS:   
The order of all running event heats will be girls followed by boys. Running events will be on a rolling schedule starting at 4:30 PM. The times below are estimates and will depend on the number of entries in each event.

4:30 PM - 1600M Run  
5:10 PM - 100M Run  
5:50 PM - 400M Run  
6:40 PM - 800M Run  
7:10 PM - 200M Run