

LIMON M.S. INVITATIONAL TRACK & FIELD MEET

Gaskill Field—Limon High School

April 6th 2023

Coaches Meeting 9:00 a.m.

Meet starts at 10:00 a.m.

ORDER OF EVENTS

100 M HURDLES – GIRLS
110 M HURDLES – BOYS
100 M DASH – GIRLS
100 M DASH – BOYS
800 M RELAY – GIRLS
800 M RELAY – BOYS
1600 M RUN – GIRLS
1600 M RUN – BOYS
400 M RELAY – GIRLS
400 M RELAY – BOYS
400 M DASH – GIRLS
400 M DASH – BOYS
800 M RUN – GIRLS
800 M RUN – BOYS
200 M DASH – GIRLS
200 M DASH – BOYS
800 M MEDLEY RELAY – GIRLS
1600 M RELAY – BOYS
1600 M RELAY – GIRLS

FIELD EVENTS

SHOT PUT – BOYS then GIRLS
DISCUS – GIRLS then BOYS
HIGH JUMP – GIRLS then BOYS
POLE VAULT – BOYS then GIRLS
LONG JUMP – GIRLS then BOYS
TRIPLE JUMP – BOYS then GIRLS

**CONTESTANTS WILL BE
ALLOWED THREE
THROWS/JUMPS**

**Schools may enter 3
athletes per event, and 1 relay teams per relay**

**Please enter your teams into mile split by April
5th at 12:00 pm.**

Entry Fee is \$150.00

**If you are planning on entering two teams
(A&B) please enter both on milesplit**