



RAY HEADLEY
Invitational Track Meet
Friday, April 7, 2023



This is a Finals Only Meet

- 8:00 am Scratch Meeting - Science Room (Southeast door of school, facing track)
- 8:30 am Coaches Meeting - Science Room (Southeast door of school, facing track)
- 9:00 am Field Events (**Prelims - Finals right after**)
Boys Discus, Boys Long Jump, Girls Shot,
Girls High Jump, Girls Triple Jump
- 9:30 am Medley Relay
Girls 3200 M Relay
Boys 3200 M Relay
Girls 100 M Hurdles
Boys 110 M High Hurdles
Girls 100 M Dash
Boys 100 M Dash
- Lunch Break **Multiple Purpose Room:** For coaches, workers and bus drivers
- 12:30 pm Field Events (**Prelims-Finals Right After**)
Girls Discus, Girls Long Jump, Boys Shot,
Boys High Jump, Boys Triple
- Girls 800 M Relay -Lanes All The Way
Boys 800 M Relay - Lanes All The Way
Girls 1600 M Run
Boys 1600 M Run
Girls 400 M Relay - Lanes All The Way
Boys 400 M Relay - Lanes All The Way
Girls 400 M Run
Boys 400 M Run
Girls 300 M Hurdles
Boys 300 M Hurdles
Girls 800 M Run
Boys 800 M Run
Girls 200 M Dash
Boys 200 M Dash
Girls 3200 M Run
Boys 3200 M Run
Girls 1600 M Relay - Three Turns
Boys 1600 M Relay - Three Turns