

# Mighty Viking Track & Field Invitational

9:00 – 9:55 a.m. SHOT PUT AND DISCUS INSPECTION & POLE VAULT  
WEIGH – VERIFICATION: Field House

9:30 a.m. Coaches Meeting: White Tent Near the Start/Finish Line.

10:00 a.m. FIELD EVENTS

Women's Pole Vault Followed by Men

Starting height for women 6'0"

Starting height for men 9'0"

Women's High Jump Followed by Men

Starting height for women 4'4"

Starting height for men 5'4"

Women's Discus Throw followed by Men

Men's Shot Put followed by Women

Women's Long Jump followed by Women's Triple Jump

Men's Long Jump Followed by Men's Triple Jump

Shot, Discus, Long Jump, and Triple Jump – 4 attempts

11:00 a.m. 4X800 Relay (Women followed by Men)

11:30 a.m. Running Events on a Rolling Start  
All will be timed finals with fastest heat going last.

100 Meter Hurdles

110 Meter Hurdles

100 Meter Dash

4X200 Meter Relay

1600 Meter Run

4X100 Meter Relay

400 Meter Dash

300 Meter Hurdles

800 Meter Run

200 Meter Dash

3200 Meter Run

4X400 Meter Relay