

# Viking Track & Field Invitational

- 9:00 – 9:45 a.m. POLE VAULT WEIGH – VERIFICATION: Field House  
*We are providing the shots and discus, so no weigh in for shot and discus.*
- 9:15 a.m. Officials Meeting: White Tent near the Start/Finish Line
- 9:30 a.m. Coaches Meeting: White Tent Near the Start/Finish Line.
- 10:00 a.m. FIELD EVENTS
- Women's and Men's Pole Vault (we have two pits)  
Starting height for women 6'6"  
Starting height for men 9'0"
- Women's High Jump Followed by Men  
Starting height for women 4'2"  
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, except 1600, 800, and 3200 with fastest section being first.
- 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

*Time schedule is tentative may be changed*