

SHRINERS INVITATIONAL TRACK AND FIELD MEET

The Oakland Athletic Complex at Perham Field, Dawson County High School

Friday, April 27, 2024

Schedule of Events

RUNNING EVENTS

(All Running Events are Timed Finals)

11:00	100 Meter Hurdles	Girls	Final
	110 Meter Hurdles	Boys	Final
11:30	100 Meter Dash	Girls	Final
	100 Meter Dash	Boys	Final
12:00	1600 Meter Run	Girls	Final
	1600 Meter Run	Boys	Final
12:30	4 X 100 Meter Relay	Girls	Final
	4 X 100 Meter Relay	Boys	Final
1:30	400 Meter Dash	Girls	Final
	400 Meter Dash	Boys	Final
2:15	300 Meter Hurdles	Girls	Final
	300 Meter Hurdles	Boys	Final
2:45	800 Meter Run	Girls	Final
	800 Meter Run	Boys	Final
3:15	200 Meter Dash	Girls	Final
	200 Meter Dash	Boys	Final
4:00	3200 Meter Run	Girls	Final
	3200 Meter Run	Boys	Final
4:45	4 X 400 Meter Relay	Girls	Final
	4 X 400 Meter Relay	Boys	Final

FIELD EVENTS

(All Field Events are Finals)

10:00	Long Jump	Boys
	Pole Vault	Girls
	Javelin	Boys
	Discus	Girls
	Long Jump	Girls
12:00	Pole Vault	Boys
	Shot Put	Boys
	High Jump	Girls
	Javelin	Girls
2:00	Triple Jump	Girls
	High Jump	Boys
	Discus	Boys
	Shot Put	Girls
3:30	Triple Jump	Boys

SHRINERS INVITATIONAL TRACK AND FIELD MEET

Minimum distances and starting heights

(These are subject to change based upon entries)

	BOYS	GIRLS
Shot Put	35' 0"	25' 0"
Discus	110'	80' 0"
Javelin	120' 0"	80' 0"
Long Jump	17' 6"	13' 0"
Triple Jump	36' 0"	29' 0"
High Jump	5' 4"	4' 6"
Pole Vault	10' 0"	7' 6"