



April 29, 2017
 @ Discovery HS,
 Lawrenceville

MEET SCHEDULE

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| 8:00 a.m. | | 1500m race walk |
| 8:30 a.m. | Discus throw Javelin Triple jump | 3000m run Sprint hurdles 400m dash 4x100m relay 1500m run |
| 9:30 a.m. | Long jump | |
| 10:30 a.m. | High jump Shot put | |
| 11:00 a.m. | Pole vault | |
| 1:00 p.m. +/- | | 100m dash 800m run 200m dash Intermediate hurdles 4x400m relay |

EVENT RULES

- Gates open and packet pick-up begins at 7:00 a.m. Pick-up is available throughout the day.
- Coaches' meeting at 8:15 a.m.
- For field events, check-in at the field event venue.
- Shot puts, discuses, and 300g javelins are provided.
- 3 jumps and 3 throws are permitted per field event.
- Top 3 finishers per age division are awarded medals at the conclusion of each event.
- Results and medals available at the awards desk.
- Meet programs available at www.thetracklab.org.
- Live results available at www.adkinstrak.com.

Season Finale!

May 6

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