



Elk Point-Jefferson
7th and 8th Invitational Track and Field Meet
Monday, April 30, 2018

3:45 Field Events:

High Jump, 7th & 8th Girls- *starting height 3'8*
Shot Put, 7th & 8th Girls-
Discus, 7th & 8th Boys-
Long Jump, 7th & 8th Boys-
Long Jump, 7th & 8th Girls-

Followed by:

Discus, 7th & 8th Girls-
Shot Put, 7th & 8th Boys-
High Jump, 7th & 8th Boys- *starting height 4'0*

3:45 Running Events: 7th Girls, 8th Girls, followed by 7th Boys, 8th Boys

3:45 pm start 1600 M Run (7th Girls & Boys)-
(8th Girls & Boys)-

** 4:45 pm start 100 M Low Hurdles (Girls)-

**Rolling time schedule after this event

110 M Low Hurdles (Boys)-

100 M Dash-

400 M Relay-

400 M Dash-

Medley Relay (100,100,200,400)-

800 M Run-

200 M Dash-

1600 M Relay-