

Lennox Oriole 'Invitational' Track & Field Meet

Schedule

Field Events: (Discus & Shot will be 3 throws & finals)

<p>4:00 Girls Shot Put Girls High Jump Boys Discus Boys Long Jump (followed by the Boys Triple Jump) Girls Long Jump (followed by the Girls Triple Jump) (Long Jump & Triple Jump will be 3 jumps & 7 to finals)</p>	<p>5:30 Girls Discus Boys Shot Put Boy's High Jump</p>
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3/16" Pyramid Spikes Only!

Running Events: (Rolling Schedule)

4:30

- Event #1-Girls 4 x 800 Meter Relay
- 2-Boys 4 X 800 Meter Relay
- 3-Girls 100 Meter Hurdles
- 4-Boys 110 Meter Hurdles
- 5-Girls 100 Meter Dash
- 6-Boys 100 Meter Dash
- 7-Girls 4 X 200 Meter Relay
- 8-Boys 4 X 200 Meter Relay
- 9-Girls 1600 Meter Run
- 10-Boys 1600 Meter Run
- 11-Girls 4 X 100 Meter Relay
- 12-Boys 4 X 100 Meter Relay
- 13-Girls 400 Meter Dash
- 14-Boys 400 Meter Dash
- 15-Girls 300 Meter Hurdles
- 16-Boys 300 Meter Hurdles
- 17-Girls Medley Relay
- 18-Boys Medley Relay
- 19-Girls 800 Meter Run
- 20-Boys 800 Meter Run
- 21-Girls 200 Meter Dash
- 22-Boys 200 Meter Dash
- 23-Girls 3200 Meter Run
- 24-Boys 3200 Meter Run
- 25-Girls 4 X 400 Meter Relay
- 26-Boys 4 X 400 Meter Relay

Teams:

- Lennox
- McCook Central Montrose
- Madison
- Vermillion
- Tea Area
- West Central
- Canton
- Milbank

State Qualifying Standards

EVENT	GIRLS - FAT	BOYS - FAT
100m Dash	13.06	11.46
200m Dash	27.10	23.26
400m Dash	1:00.99	52.12
800m Run	2:26.72	2:04.93
1600m Run	5:24.23	4:41.22
3200m Run	12:10.77	10:26.98
110m Hurdles	16.04	16.12
300m Hurdles	48.30	42.35
4x100m Relay	52.25	45.11
4x200m Relay	1:50.51	1:34.1
4x400m Relay	4:15.53	3:34.3
4x800m Relay	10:13.49	8:39.5
Medley Relay	4:32.38	3:47.4
Shot Put	36-2	48-8
Discus	109-10	140-5
High Jump	4-11	6-0
Long Jump	16-1	20-6
Triple Jump	33-10	40-9

Thrower's Relay (4 X 100) 'Co-ed'