



**MILBANK AREA BULLDOGS: FEARLESS**

**MILBANK VALLEY QUEEN CHEESE INVITATIONAL TRACK & FIELD MEET --- TUESDAY, APRIL 30<sup>TH</sup>, 2019**

***RUNNING EVENTS – ROLLING SCHEDULE***

| <b>TIME</b> | <b>EVENT</b>                                       | <b>DIVISION</b>   |
|-------------|--|-------------------|
| 2:00 PM     | 3200 M RELAY                                       | GIRLS/BOYS        |
|             | 100 M HURDLES/110 M HURDLES                        | GIRLS/BOYS        |
|             | <i>FRESHMEN 100 M DASH</i>                         | GIRLS/BOYS        |
|             | 100 M DASH   | GIRLS/BOYS        |
|             | 800 M RELAY  | GIRLS/BOYS        |
|             | 1600 M RUN   | GIRLS/BOYS        |
|             | 400 M RELAY  | GIRLS/BOYS        |
|             | 400 M DASH   | GIRLS/BOYS        |
|             | <b><i>*Honor Jody Kuper- VQ Cheese Service</i></b> |                   |
|             | 300 M HURDLES                                      | GIRLS/BOYS        |
|             | 1600 M MEDLEY RELAY                                | GIRLS/BOYS        |
|             | 800 M RUN  | GIRLS/BOYS        |
|             | <b>Special Event 200 M Run</b>                     | <b>GIRLS/BOYS</b> |
|             | Open 200 M RUN                                     | GIRLS/BOYS        |
|             | 3200 M RUN *MAY COMBINE                            | GIRLS/BOYS        |
|             | 1600 M RELAY                                       | GIRLS/BOYS        |

**FIELD EVENTS SCHEDULE**

***FIELD EVENTS WILL START AT 1:00***

DISCUS- BOYS FOLLOWED BY GIRLS

SHOT PUT- GIRLS FOLLOWED BY BOYS

LONG JUMP- BOYS AND GIRLS BOTH AT 1 PM \*Boys- Middle Pit; Girls- South Pit

TRIPLE JUMP- GIRLS FOLLOWED BY BOYS \*SOUTH PIT \*AFTER LONG JUMP IS COMPLETE

HIGH JUMP- GIRLS FOLLOWED BY BOYS

**Pole Vault (Boys and Girls) will start at 1 PM and be held in Ortonville, MN.**

**This meet is sanctioned by the SDHSAA**