

Updated 3.31.23 @ 11:00am

Scott Underwood Invitational
Sanford-Jackrabbit Athletic Complex
April 3, 2023
FINAL SCHEDULE

Field Events

1:00 PM	B & G	Long Jump [4 Flights / gender]
1:00 PM	G	High Jump [1 Flight]
1:00 PM	G	Shot Put (cement ring) [5 flights]
1:00 PM	B	Shot Put (Using the wood ring in throwing cage) [5 flights]
1:00 PM	B	Pole Vault-North Pit [1 flight]
4:30 PM	B	High Jump (or 45 minutes following the girls) [1 flight]
4:30 PM	G	Pole Vault-North Pit (60 minutes after the boys) [1 flight]
4:30 PM	B & G	Triple Jump (start 30 minutes after the LJ finishes) [3 flights / gender]

Running Events (Rolling Schedule-Sprint races fast to slow-Distance races slow to fast)

12:00 PM	G	4 x 800m relay	Final	[1 section]
12:18 PM	B	4 x 800m relay	Final	[1 section]
12:30 PM	G	100m Dash	Final	[15 sections]
12:50 PM	B	100m Dash	Final	[15 sections]
1:15 PM	G	100m Hurdles	Final	[8 sections]
1:35 PM	B	110m Hurdles	Final	[5 sections]
1:50 PM	G	1600m run	Final	[3 sections]
2:15 PM	B	1600m run	Final	[4 sections]
2:45 PM	G	4 x 100m relay	Final	[5 sections]
3:00 PM	B	4 x 100m relay	Final	[5 sections]
3:15 PM	G	400m Dash	Final	[12 sections]
3:40 PM	B	400m Dash	Final	[12 sections]
Officials Break of 15 minutes				
4:20 PM	G	300m Hurdles	Final	[7 sections]
4:35 PM	B	300m Hurdles	Final	[6 sections]
4:55 PM	G	800m Run	Final	[4 sections]
5:12 PM	B	800m Run	Final	[5 sections]
5:32 PM	G	200m Dash	Final	[15 sections]
5:55 PM	B	200m Dash	Final	[15 sections]
6:15 PM	G	3200m Run	Final	[1 section]
6:32 PM	B	3200m Run	Final	[1 section]
6:50 PM	G	4 x 400m Relay	Final	[5 sections]
7:20 PM	B	4 x 400m Relay	Final	[4 sections]

Projected meet finish 7:45pm.