

NORTH GWINNETT TWILIGHT MEET SCHEDULE

8:00 AM

Girls Discus (1st legal throw measured; then minimum measurable throw - TBD)
Boys Shot Put (1st legal throw measured; then minimum measurable throw - TBD)
Girls Long Jump
Girls Pole Vault (opening height: 6-6; warm-ups start at 8:30 a.m.)
Boys High Jump (opening height: 5-2)

9:00 AM (or upon completion of 8:00 a.m. field event)

Boys Discus (1st legal throw measured; then minimum measurable throw - TBD)
Girls Shot Put (1st legal throw measured; then minimum measurable throw - TBD)
Boys Long Jump
Boys Pole Vault (opening height: 8-6)
Girls High Jump (opening height: 4-2)
***Girls then Boys Triple Jump will begin upon completion of Boys Long Jump**

RUNNING EVENTS:

*Running events will be girls first then boys EXCEPT for the 110/100 Meter Hurdles (boys will go first).

*Heats will be seeded slow-to-fast

*Note when the slow/fast heats of the 200 & 800 will be contested.

***Times are estimates.** We will follow a rolling schedule.

7:30 AM Slower heats of the 800 (**fastest 3 heats will be contested at the normal time**)
*Early heats of the 800 will be run using a super-alley with a 1-turn stagger

8:30 AM Slower heats of the 200 (**fastest 4 heats will be contested at the normal time**)

9:30 AM 4x800 Meter Relay (super alleys with 1-turn stagger)
110/100 Meter Hurdles
100 Meter Dash
4x200 Meter Relay
1600 Meter Run
1600 Meter Run (Middle School)
4x100 Meter Relay
400 Meter Dash
300 Meter Hurdles
800 Meter Run (**3 fastest heats**) (in lanes w/1-turn stagger)
200 Meter Dash (**4 fastest heats**)
3200 Meter Run
4x400 Meter Relay