

# Meet Schedule for NG Bulldog Invitational at North Gwinnett HS, Saturday, Mar 14, 2026

**Field Events** (3 attempts in the Discus, Shot Put, and Long Jump. No finals.)

## 9:00 AM

Girls Discus (**1st legal throw measured; then minimum measurable throw - 75'**)  
Boys Shot Put (**1st legal throw measured; then minimum measurable throw - 38'**)  
Girls Long Jump  
Girls Pole Vault (**opening height: 6-6**)  
Boys High Jump (**opening height: 5-2**)

## 10:00 AM (or upon completion of 9:00 a.m. field event)

Boys Discus (**1st legal throw measured; then minimum measurable throw - 100'**)  
Girls Shot Put (**1st legal throw measured; then minimum measurable throw - 28'**)  
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.

9:00 AM Slower heats of the 800 (**fastest 2 heats will be run in the normal spot**)  
\*The 800 will be run using a super-alley with a 1-turn stagger

9:45 AM Slower heats of the 200 (**fastest 4 heats will be run in the normal spot**)

11:00 AM 4x800 Meter Relay  
110/100 Meter Hurdles  
100 Meter Dash  
4x200 Meter Relay  
1600 Meter Run (super-alley with 1-turn stagger)  
Middle School 1600 Meter Run  
4x100 Meter Relay  
400 Meter Dash  
300 Meter Hurdles  
800 Meter Run (**fastest 2 heats**)  
200 Meter Dash (**fastest 4 heats**)  
3200 Meter Run  
4x400 Meter Relay