

Meet Schedule for North Gwinnett Twilight at North Gwinnett HS, Saturday, March 16, 2024

MEET SCHEDULE:

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

9:00 AM

Girls Discus

Boys Shot Put

Girls Long Jump

Girls Pole Vault

Boys High Jump

10:30 AM (or upon completion of 9:00 a.m. field event)

Boys Discus

Girls Shot Put

Boys Long Jump

Boys Pole Vault

Girls High Jump

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).

*Note when the slow/fast heats of the 100 & 800 will be contested.

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

9:00 AM Slower heats of the 800 (super alley with 1-turn stagger) (fastest 2 heats will be contested at the normal time)

~9:30 Slower heats of the 100 (fastest 4 heats will be contested at the normal time)

~10:00 4x800 Meter Relay (super alleys with 1-turn stagger)

~10:30 110/100 Meter Hurdles

~10:45 100 Meter Dash (4 fastest heats)

~11:00 4x200 Meter Relay

~11:30 1600 Meter Run

~12:00 PM 1600 Meter Run (Middle School)

~12:30 4x100 Meter Relay

~1:00 400 Meter Dash

~1:30 300 Meter Hurdles

~2:00 800 Meter Run (1-turn stagger) (2 fastest heats)

~2:30 200 Meter Dash

~2:45 3200 Meter Run

~3:15 4x400 Meter Relay