**2022 Pomona Invitational**

**Thank you to our 2022 Invitational Sponsors!**



**TIME SCHEDULE: Friday**

**\*WEIGH IN FOR SP, D WILL BE AT 2:15PM**

**\*LJ, TJ, DT, SP, TOP 10 TO FINALS IMMEDIATELY**

3:00 PM Friday BOYS LONG JUMP

 GIRLS TRIPLE JUMP

 GIRLS HIGH JUMP

 GIRLS SHOT PUT

 BOYS DISCUS

Friday Prelims & Finals

100 HURDLE PRELIMS GIRLS

110 HURDLE PRELIMS BOYS

100 M DASH PRELIMS GIRLS

100 M DASH PRELIMS BOYS

4 X 800 M RELAY (FINAL) GIRLS

4 X 800 M RELAY (FINAL) BOYS

400 M DASH PRELIMS GIRLS

400 M DASH PRELIMS BOYS

300 M HURDLE PRELIMS GIRLS

300 M HURDLE PRELIMS BOYS

3200 M RUN (FINAL - Slow) GIRLS

3200 M RUN (FINAL - Slow) BOYS

200 M DASH PRELIMS GIRLS

200 M DASH PRELIMS BOYS

3200 M RUN (FINAL - FAST) GIRLS

3200 M RUN (FINAL - FAST) BOYS

**The above schedule is a rolling schedule**

**TIME SCHEDULE: Saturday**

**\*WEIGH IN FOR PV, SP, D WILL BE AT 8:15AM**

**\*LJ, TJ, DT, SP, TOP 10 TO FINALS IMMEDIATELY**

9:00 AM Saturday BOYS TRIPLE JUMP

 GIRLS LONG JUMP

 GIRLS PV

 BOYS SHOT PUT

 GIRLS DISCUS

11:00 AM Saturday BOYS HIGH JUMP

 BOYS PV

Saturday (All races are finals):

9:00 AM 800 M MEDLEY (1-1-2-4) GIRLS

9:15 AM 100 M HURDLES GIRLS

9:20 AM 110 M HIGH HURDLES BOYS

9:30 AM 100 M DASH GIRLS

9:35 AM 100 M DASH BOYS

9:40 AM 4 X 200 M RELAY GIRLS

10:00 AM 4 X 200 M RELAY BOYS

10:20 AM 1600 M RUN GIRLS

10:50 AM 1600 M RUN BOYS

11:25 AM 4 X 100 M RELAY GIRLS

11:40 AM 4 X 100 M RELAY BOYS

11:55 AM 400 M DASH GIRLS

12:00 PM 400 M DASH BOYS

12:10 PM 300 M HURDLES GIRLS

12:15 PM 300 M HURDLES BOYS

12:20 PM 800 M RUN GIRLS

12:50 PM 800 M RUN BOYS

1:25 PM 200 M DASH GIRLS

1:30 PM 200 M DASH BOYS

1:40 PM JEFF DONNEL WEIGHT PERSON'S RELAY

1:55 PM BREAK & HONORING OF POMONA SENIORS

2:05 PM 4 X 400 M RELAY GIRLS

2:30 PM 4 X 400 M RELAY BOYS

**We will hold as close to this schedule as possible!**