

## St. Vrain Invitational Time Schedule 2023

<b>9:30</b>	Coaches' Meeting	<b>Max # of</b>	<b>9:15</b>	PV Check & Weigh In	<b>All Vaulters</b>
		<b>Entries</b>	<b>9:15</b>	Shot/Discus Weigh In	<b>All Throwers</b>
<b>9:55</b>	Girls 800 Medley Relay	<b>48</b>			
<b>10:15</b>	Girls 3200 Meter Run	<b>60</b>	<i>LJ, TJ, SP, Discus: 3 attempts, then top 9 to finals</i>		
<b>10:30</b>	Boys 3200 Meter Run	<b>60</b>	<b>10:00</b>	Boys High Jump	Max 60
<b>10:45</b>	Girls 4x200 Meter Relay	<b>48</b>		5' 4", 5' 7", 5' 9", 5'10.5" then 1"	
<b>11:05</b>	Boys 4x200 Meter Relay	<b>48</b>			
<b>11:30</b>	Girls 100 Meter Hurdles	<b>96</b>	<b>10:00</b>	Boys Long Jump	Max 60
<b>12:15</b>	Boys 110 Meter Hurdles	<b>96</b>		measuring over 18'	
<b>12:45</b>	Girls 3200 Relay	<b>48</b>	<b>10:00</b>	Girls Shot Put	Max 60
<b>1:15</b>	Boys 3200 Relay	<b>48</b>		measuring over 27'	
<b>1:50</b>	Girls 100 Meter Dash	<b>96</b>	<b>10:00</b>	Girls Triple Jump	Max 50
<b>2:15</b>	Boys 100 Meter Dash	<b>96</b>		measuring over 30'	
<b>2:40</b>	<b>Coaches 100 Prelims</b>	<b>32</b>	<b>10:00</b>	Boys Discus	Max 50
<b>2:50</b>	Girls 400 Meter Dash	<b>96</b>		measuring over 110'	
<b>3:10</b>	Boys 400 Meter Dash	<b>96</b>			
<b>3:30</b>	Girls 800 Meter Run	<b>120</b>	<b>10:00</b>	Girls Pole Vault	Max 60
<b>3:45</b>	Boys 800 Meter Run	<b>120</b>	Runway 1	8' 3" then 6"	
<b>4:10</b>	Girls 300 Meter Hurdles	<b>96</b>	Runway 2	(1A/2A 5'6"), 6'3", 7'3", 8'3", then 6"	
<b>4:45</b>	Boys 300 Meter Hurdles	<b>96</b>			
			<b>1:00</b>	Shot/Discus Weigh-in if needed	
			<b>2:00</b>	Girls High Jump	Max 60
<b>5:20</b>	<b>National Anthem</b>			4' 4", 4' 6", 4' 7.5", then 1"	
<b>5:25</b>	Girls 4x100 Meter Relay	<b>56</b>	<b>2:00</b>	Boys Shot Put	Max 60
<b>5:45</b>	Boys 4x100 Meter Relay	<b>56</b>		measuring over 37'	
<b>6:10</b>	<b>Unified/Paralympic 100</b>	<b>No Limit</b>	<b>2:00</b>	Girls Discus	Max 50
<b>6:30</b>	<b>Coaches 100m Final</b>	<b>8</b>		measuring over 90'	
<b>6:30</b>	<b>Special Event: ATB Elite PV</b>	<b>none</b>	<b>2:00</b>	Girls Long Jump	Max 60
				measuring over 14' 0"	
<b>6:40</b>	Girls 200 Meter Dash	<b>96</b>	<b>2:00</b>	Boys Triple Jump	Max 50
<b>7:10</b>	Boys 200 Meter Dash	<b>96</b>		measuring over 37'	
<b>7:40</b>	Girls 1600 Meter Run	<b>120</b>	1:00	Boys weigh-in (if needed)	
<b>8:10</b>	Boys 1600 Meter Run	<b>120</b>	<b>2:00</b>	Boys Pole Vault	Max 60
			Runway 1	10'9", then 6"	
			Runway 2	(1A,2A 8'), 8'3", 9'3", 10'3", then 6"	
<b>Murray Kula Memorial 1600 Relays</b>					
<b>8:50</b>	Girls 4x400 Meter Relay	<b>48</b>			
<b>9:20</b>	Boys 4x400 Meter Relay	<b>48</b>	<b>6:30</b>	ATB USATF Open PV	