

2019 Limestone Legacy Invitational Track & Field Meet

TRACK EVENTS

Friday, April 26, 2019

8:45 a.m.	Coaches meeting	
9:00 a.m.	2000m Steeplechase Final	OG, OB
9:25 a.m.	100m Heats	SG, JG, MG, SB, JB, MB, AMBG, AMBB, VIG, VIB, IIG, IIB
10:50 a.m.	Sprint Hurdle Heats	MG, JG, SG, MB, JB, SB
Noon	1500 m Final	MG, MB, JG, JB, SG, SB
1:00 pm	Sprint Hurdle Final	MG, JG, SG, MB, JB, SB
1:45 pm	Coed 4 x 200m relay	M, J, S
2:30 p.m.	100m Final	MG, JG, SG, MB, JB, SB, AMBG, AMBB, VIG, VIB, IIG, IIB
3:00 p.m.	400x400x400x800m medley	OG, OB
4:00 p.m.	4x100m Relay Timed Sections	MG, JG, SG, MB, JB, SB
4:30 p.m.	Award Announcements	

Note 1 – There will be a “How To Use Blocks” clinic for all Midget sprinters at 8:45am prior to the start of the 100m event.

Note 2 - If there are 8 or less athletes in the 100m they will be run as a final at the heat time.

Note 3 - Sprint hurdles will run as heats and finals regardless of the number of entries.

Legend

MG - Midget Girls, MB - Midget Boys, JG - Junior Girls, JB - Junior Boys, SG - Senior Girls, SB - Senior Boys, OG - Open Girls, OB - Open Boys, AMBG - Ambulatory Girls, AMBB - Ambulatory Boys, VIG - Visually Impaired Girls, VIB - Visually Impaired Boys, IIG - Intellectually Impaired Girls, IIB - Intellectually Impaired Boys

FIELD EVENTS

Time	GIRLS			BOYS		
	Midget	Junior	Senior	Midget	Junior	Senior
9:00 a.m.	LJ	TJ	HJ	SP	JV	
10:00 a.m.						PV (starting 1.75m)
10:15 a.m.	SP		JV	LJ	TJ	HJ height
11:30 a.m.	HJ	LJ	TJ	JV		SP
12:00 p.m.			PV (2.75m start height)			
12:45 p.m.	JV	SP		HJ	LJ	TJ
2:00 p.m.	TJ	HJ	LJ		SP	JV
3:15 p.m.		JV	SP	TJ	HJ	LJ

Team Entry Fees:

- \$350 team maximum entry fee (please subtract \$50 deposit)
- \$5 per athlete/per event
- \$7 relay entry
- Maximum 3 athletes per event/school