

TIMPANOGOS TRACK AND FIELD

PINE VIEW INVITATIONAL

March 22-23 Coach Benson's Cell #801-368-4521

Friday

6:45 am Load Bus in Back by Track: **Participation Fee and \$75 for Hotel rooms and Bus**
7:00 am Leave for St. George **Need to be paid before getting on to the bus.**
11:00 am Lunch in St. George
12:00 pm Pine View High School 2850 E 750 N St. George, UT (435) 628-5255
1:00 pm Track meet starts Long Jump starts 2:00 pm Field events start at 4:00 pm

<u>TRIALS (GIRLS RUN FIRST THEN BOYS)</u>	<u>FIELD EVENTS</u>
1600 M FINAL	Girls JAVELIN
100 M HURDLES GIRLS	Boys SHOT
110 M HURDLES BOYS	Girls LONG JUMP
100 M	Girls DISCUS
400 M	Boys HIGH JUMP
300 M HURDLES	
200 M	
4X800 Relay	

7:30 pm Drive to Hotel, Check in
8:00 pm Dinner
9:30 pm Team Meeting
10:30 pm Lights Out

Saturday

7:00 am Wake up Call
7:45 am Load Bus
8:00 am Leave for Pine View High
8:10 am Arrive Pine View High School
9:00 am Track meet starts

<u>Finals</u>	<u>Field Events</u>
3200 M	
100 M HURDLES GIRLS	Girls HIGH JUMP
110 M HURDLES BOYS	Boys DISCUS
100 M	Boys LONG JUMP
400 M RELAY	Girls SHOT
400 M	Boys JAVELIN
300 M HURDLES	
800 M	
1600 M MEDLEY RELAY	
200 M	
1600 M RELAY	

4:00 pm Leave for Timpanogos
4:00 pm Lunch/Dinner
9:00 pm Arrive at Timpanogos

Make sure to bring extra money for food and snacks. Be prepared for rain, bring extra clothes to change into after the meet.