

2024 BOB GRUNDY INVITATIONAL TRACK MEET
ERA HIGH SCHOOL
Thursday, March 28th, 2024

Revised 2-28-2024

10:00 to 1:30 – Entry of Events in the Turf Room

2:00 – Field Events – 3 attempts in the throws & horizontal jumps.

Long Jump will be on the north runway. Triple Jump will be on the south runway

Opening heights for PV & HJ are in parentheses. Will adjust if needed.

Discus:	Varsity Boys	Varsity Girls	JV Boys
Shot Put:	JV Boys	Varsity Boys	Varsity Girls
Long Jump:	Varsity Boys	JV Boys	Varsity Girls
Triple Jump:	JV Boys	Varsity Girls	Varsity Boys
High Jump:	Varsity Girls (4'4")	JV Boys (5'0")	Varsity Boys (5'4")
Pole Vault:	Varsity Girls (6'0")	Varsity Boys (8'0")	JV Boys (7'0")

2:30 – 3200m. run: JV Boys – Varsity Girls – Varsity Boys

4:30 – Running Finals

Running order will be: Varsity Girls – JV Boys – Varsity Boys

400m. Relay

800m. Run

100m. Hurdles Varsity Girls

110m. Hurdles JV Boys – Varsity Boys

100m. Dash

800m. Relay

400m. Dash

300m. Hurdles

200m. Dash

1600m. Run

1600m. Relay JV Boys – Varsity Girls – Varsity Boys

** If field events overlap with the running events, the running events will take precedence.
Please remind your athletes to check in at their field event before leaving to go to a running event.