

# Lindsay Knight Invitational

Thursday, February 27, 2025

## Schedule of Events

3:40

### All Field Events Begin

<u>Long Jump</u> (East pits)	Var Boys, Var Girls, JV Boys
<u>Triple Jump</u> (West pits)	Var Girls, JV Boys, Var Boys
<u>North Shot Put</u>	Open, JV Boys
<u>South Shot Put</u>	Var Girls, Var Boys
<u>North Discus</u>	Var Boys, Var Girls
<u>South Discus</u>	JV Boys

\*Each competitor will receive 3 jumps or 4 throws.

\*HJ and PV use normal rules.

<u>High Jump</u>	JV Boys, Var Boys, Var Girls	
Opening Heights:	High Jump	Girls - 4'4"
		Boys - 5'2"

<u>Pole Vault</u>	Var Girls, JV Boys, Var Boys	
Opening Heights:	Pole Vault	Girls - 6'
		Boys - 7'

4:00

### 3200m. Run

JV Boys and Var Girls, Var Boys

5:30

### Running Events Begin

Var Girls, JV Boys, Var Boys

400m. Relay  
800m. Run  
100m. Hurdles  
110m. Hurdles  
100m. Dash  
800m. Relay  
400m. Dash  
300m. Hurdles  
200m. Dash  
1600m. Run  
1600m. Relay

(JV Boys and Var Girls, Var Boys)

