

# Nocona Indian Invitational

Monday, March 10, 2025

## Schedule of Events

**3:40**

### **All Field Events Begin**

<u>Long Jump</u> (North pit)	Var Boys, Var Girls, JV Boys
<u>Triple Jump</u> (South pit)	Var Girls, JV Boys, Var Boys
<u>Shot Put-</u> (West Ring)	Var Boys, JV Boys
<u>Shot Put-</u> (East Ring)	Var Girls (2nd) Will start when disc is over
<u>Discus-</u> (West Ring)	JV Boys, Var Boys
<u>Discus-</u> (East Ring)	Var Girls (1st)

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

\*HJ and PV use normal rules.

High Jump    JV Boys, Var Boys, Var Girls

Opening Heights:    High Jump    Girls - 4'4"  
Boys - 5'2"

Pole Vault    Var Girls, JV Boys, Var Boys

Opening Heights:    Pole Vault    Girls - 6'  
Boys - 7'

**4:00**

**3200m. Run**    JV Boys, Var Girls, Var Boys

**5:45**

**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 (Might combine JV Boys & Var. Girls)  
1600m. Relay