

Oakland Invitational Relays

Chabot College, Hayward
Saturday, March 25, 2017

MEET SCHEDULE

RUNNING EVENTS:

Running events will begin at 9:00am and will be run on a rolling schedule with the Girls followed by the Boys.

Sprint Medley Relay (Girls: 1-1-2-4, Boys: 2-2-4-8)

4x1600m Relay

100m/110m Hurdles

4x100m Relay

3200m

400m

100m

4x800m Relay

4x200m Relay

300m Hurdles

200m

1600m

4x400m Relay

FIELD EVENTS (4 attempts – No Finals):

Field events will begin at 8:30am.

Girls LJ (4 flights)	8:30am
Boys LJ (5 flights)	8:30am
Girls Shot Put (3 flights)	8:30am
Boys Shot Put (4 flights)	20 mins after girls flights
Girls Discus(3 flights)	20 mins after boys flights
Boys Discus (4 flights)	8:30am
Girls TJ (2 flights)	20 mins after LJ
Boys TJ – Pit 1 (North)	20 mins after LJ
Girls HJ	9:00am
Boys HJ	20 mins after girls
Girls Pole Vault	9:00am
Boys Pole Vault	20 mins after girls