

Oakland Invitational Relays

Laney College, Oakland
Saturday, March 24, 2018

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)	12:00pm
Girls Shot Put (3 flights)	8:30am
Boys Shot Put (4 flights)	11:00am
Girls Discus(3 flights)	11:00am
Boys Discus (4 flights)	8:30am
Girls TJ (2 flights)	12:00pm
Boys TJ – (2 flights)	8:30am
Girls HJ	9:00am
Boys HJ	11:00am
Girls Pole Vault	8:30am
Boys Pole Vault	12:00pm