

## **Hitchcock County - Wauneta-Palisade Dual Meet**

### **4:30 CT Field Events**

Boys Shot followed by Girls Shot

Girls Discus followed by Boys Discus

Girls Long Jump Followed by Boys Long Jump

Boys High Jump followed by Girls High Jump

Girls Pole vault followed by Boys Pole Vault

Girls Triple Jump followed by Boys Triple Jump

### **5:30 (approximately)----- RUNNING EVENTS**

800 meter run

\*100 Meter Hurdles

\*110 Meter Hurdles

100 Meter dash Girls/Boys

\*300 Meter Hurdles Girls/Boys)

200 Meter dash Girls/Boys

1600 Meter Run Girls/Boys

400 meter relay Girls/Boys

400 Meter Run Girls/Boys

*We will not run the 3200m, 3200m relay, or 1600m relay*