



2019 Tiger Girls Track & Field

42nd Annual

## Tiger Invitational

Hosted by Wheaton Warrenville South High School

Friday, April 26, 2019

### Order of Events/Time Schedule

#### Pre-Meet

3:30-4:00	All scratches must be made by
4:00	Weigh-in for shot puts and discus in the track garage
4:00	Coaches Meeting
4:00	Warm-Up for all field events and Workers Report
4:15	Captains/Coaches Meeting with starters at finish line

#### Field Events

4:30	Shot Put -- Best of 4 attempts - Best to Worst Flights
4:30	Discus -- Best of 4 attempts - Worst to Best Flights
4:30	Pole Vault -- Flight 1 followed by Flight 2
4:30	High Jump -- Flight 1 followed by Flight 2
4:30	Long Jump -- Best of 4 Attempts
4:30	Triple Jump -- Best of 4 Attempt

#### Running Events

5:00	3200 Meters – Section 1 against time
5:20	WWS Senior Recognition Ceremony
5:40	National Anthem

#### Running Events Finals

(2018 Start Times Listed)

5:45	4 x 800 Meter Relay – 1 Section (5:41)
	4 x 100 Meter Relay – 3 Sections against time (5:56)
	3200 Meters – Section 2 against time (6:08)
	100 Meter High Hurdles – 7 Sections against time (6:25)
	100 Meters – 7 Sections against time (6:39)
	800 Meters – 4 Sections against time (6:55)
	4 x 200 Meter Relay – 3 Sections against time (7:16)
	400 Meters – 7 Sections against time (7:31)
	300 Meter Low Hurdles – 7 Sections against time (7:56)
	1600 Meters – 4 Sections against time (8:15)
	200 Meters – 7 Sections against time (8:49)
	4 x 400 Meter Relay – 3 Sections against time (9:06)

Running finals will begin at 5:45 and proceed as rapidly as possible.

Due to number of entries, sections might be adjusted

**Wheaton Warrenville South High School**

Tiger Girls Cross Country and Track & Field

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