

13th Annual 2011 California Home School Track Meet

Order of Events
Norco High School, Friday May 20, 2011

Warm Ups Begin at 4:00pm

Track Meet Begins at 4:30 pm

1. All Divisions 800m Run (One or Two Races)
2. All Divisions 4x100 Relay
3. 8,10 Girls/Boys 50m Dash (Heats as needed)
4. Fr, Var Girls 100 Int Hurdles
5. Fr, Var Boys 110 High Hurdles
6. All Divisions 100m Sprint (Heats as needed)
7. All Divisions 400m Run
8. All Divisions 300 Low Hurdles
9. Finals if needed 50m &/or 100m Finals
10. All Divisions 1600m Run
11. All Divisions 200
12. Fr, Var 4 x 400

Field Events (approximate times listed below)

- Long Jump 4:30 – 7:30pm 3 jumps each
Triple Jump 6:00 – 7:00pm 3 jumps each
Shot Put 4:30 – 6:00pm 3 attempts each
High Jump Begins at 4:30 at 2'6 for 10 & Under and 8 & under
3 jumps at each height if needed
Bar raised approx 2" at a time
Do not miss your height as it rises
Discus 6:00 – 7:30 pm Athletes may chose discus as a 5th non-scoring event
Pole Vault may be available