

**WHEATON WARRENVILLE SOUTH HIGH SCHOOL
GIRLS TRACK & FIELD**

TIGER INVITATIONAL - ORDER OF EVENTS / TIME SCHEDULE

Pre-Meet	3:30 – 4:00	Scratches – All scratches must be made by 4:00
	3:30 – 4:00	Weigh in for shot puts and discus in the track shed.
	4:00	Coaches Meeting
	4:00	Warm-Up for all field events except discus
	4:00	Workers Report
	4:15	Captains/Coaches Meeting with starters at finish line
	4:30	Warm-Up for discus
Field Events	4:30	Long Jump – Best of 4 attempts
	4:30	Triple Jump – Best of 4 attempts
	4:30	High Jump – Starting Height will be 4-06
	4:30	Pole Vault – Starting Height will be 7-06
	4:30	Shot Put – Best of 4 attempts
	5:00	Discus – Best of 4 attempts
Running Prelims	4:30	100 Meters – 6 Heats; Heat Winner plus next 3 fastest times advance to final
	4:55	100 High Hurdles – 6 Heats; Heat Winner plus next 3 fastest times advance to final
	5:20	200 Meters – 6 Heats; Heat Winner plus next 3 fastest times advance to final
	5:45	3200 Meters – Section 1
	6:00	WWS Senior Recognition Ceremony / National Anthem
Running Finals	6:30	800 Meters Medley Relay – 2 Sections against time
	6:40	4 x 800 Meter Relay – 1 Section
	6:55	4 x 100 Meter Relay – 2 Sections against time
	7:05	3200 Meters – Section 2
	7:20	100 Meter High Hurdles – Final
	7:25	100 Meters – Final
	7:30	800 Meters – 3 or 4 Sections against time
	7:45	4 x 200 Meter Relay – 2 Sections
	7:55	400 Meters – 5 for 6 Sections against time
	8:15	300 Meter Low Hurdles – 5 or 6 Sections against time
	8:35	1600 Meters – 2 or 3 Sections against time
	9:05	200 Meters – Final
9:10	4 x 400 Meter Relay – 2 Sections against time	

*** RUNNING PRELIMS WILL BEGIN AT 4:30 AND PROCEED AS RAPIDLY AS POSSIBLE.**

*** RUNNING FINALS WILL BEGIN AT 6:30 AND PROCEED AS RAPIDLY AS POSSIBLE.**

***FINAL TIMES LISTED ARE APPROXIMATE.**