

Nacogdoches Invitational Meet Schedule
Rolling Schedule
April 1, 2021

9:00am **Scratch Meeting**—Weight Room (Home side between bleachers and field house)

9:45am **Field Events** **3 jumps/throws/attempts**

Triple Jump: VB, VG

Long Jump: VG, VB

High Jump: VB, VG

Shot Put: VG, VB

Discus: VB, VG

Pole Vault: VB, VG

All Running Events are Final and in this order (VG/VB)

10:00am 3200m Run

11:30am Coaches meal in Weight Room

12:00pm **National Anthem**

12:05pm 4x100m Relay (**Gold**)

800m Run

100m Hurdles

110m Hurdles

100m Dash

4x200m Relay (**Red, Red, Gold**)

400m Run

300m Hurdles

200m Dash

1600m Run

4x400m Relay (**Blue**)

3:15pm **Pick-up Team All Packets at the end of the VB 1600m Relay**

