

**WEST HOLMES KNIGHTS INVITATIONAL
ORDER OF EVENTS**

9:00 Field Events Begin

- Girls Discus (Boys Discus to follow Girls finals)
- Boys Shot Put (Girls Shot to follow Boys finals)
- Long jump (Boys AND Girls) Open pit – Open Pit 9-10:30 –Finals immediately following
- Girls High Jump (Boys High Jump to follow Girls)
- Boys Pole Vault (Girls Pole Vault to follow Boys)

10:00 Semi-finals (first in each heat and next four fastest times advance to finals)

1. Girls 200 Meter Dash
2. Boys 200 Meter Dash
3. Girls 4x800 Meter Relay (FINAL ONLY)
4. Girls 100 Meter Dash
5. Boys 100 Meter Dash
6. Boys 4x800 Meter Relay (FINAL ONLY)
7. Girls 100 Meter Hurdles (33")
8. Boys 110 Meter Hurdles (39")

Brief Officials Break

Finals (top eight times/places will be scored)

1. Girls 100 Meter Hurdles
2. Boys 100 Meter Hurdles
3. Girls 100 Meter Dash
4. Boys 100 Meter Dash
5. Girls 4x200 Meter Relay (2 heats)
6. Boys 4x200 Meter Relay (2 heats)
7. Girls 1600 Meter Run (2 sections)
8. Boys 1600 Meter Run (2 heats)
9. Girls 4x100 Meter Relay (2 heats)
10. Boys 4x100 Meter Relay (2 heats)
11. Girls 400 Meter Dash (4 heats based on time)
12. Boys 400 Meter Dash (4 heats based on time)
13. Girls 300 Meter Hurdles (30") (4 heats based on time)
14. Boys 300 Meter Hurdles (36") (4 heats based on time)
15. Girls 800 Meter Run (2 sections)
16. Boys 800 Meter Run (2 sections)
17. Girls 200 Meter Dash
18. Boys 200 Meter Dash
19. Girls 3200 Meter Run
20. Boys 3200 Meter Run
21. Girls 4x400 Meter Relay (2 heats based on time)
22. Boys 4x400 Meter Relay (2 heats based on time)