

2018 Black Knight Track & Field Invitational
Hempfield High School, Landisville, PA
Time Schedule

8:30 Coaches' Meeting at clerking tent
9:25 Star Spangled Banner sung by Alexa Day, Manheim Township HS.

Track Events (Girls; events precede Boys' events)

9:30 am 100/110 High Hurdles Trials (8 advance to finals)
10:15 100 Meter Dash Trials (8 advance to finals)
10:40 4 x 800 Meter Relay
11:10 100/110 High Hurdle Finals (110 Boys precedes the 100 Girls)
11:25 100 Meter Dash Finals
11:35 1600 Meter Run
12:15 4 x 100 Meter Relay
12:40 400 Meter Dash
1:10 300 Intermediate Hurdles
1:50 800 Meter Run
2:20 200 Meter Dash
3:05 3200 Meter Run
4:00 4 x 400 Meter Relay
4:30 Presentation of Awards on center of field

Field Events

8:45 am Shot (B), Javelin (G)
Pole Vault (G), Long Jump (G), Triple Jump (B)
9:45 High Jump (G)
11:00 Discus (B), Shot Put (G)
12:15 Triple Jump (G), Long Jump (B), Pole Vault (B)
1:15 Javelin (B), Discus (G), High Jump (B)

Starting Heights: High Jump: 4'6"/5'6"
Pole Vault: 8'0"/10'0"

Minimums: All athletes will have his/her first legal performance measured.
Thereafter, the mark must exceed the minimum to be measured.

Shot Put: 25'/35' Javelin: 75'/120' Triple Jump: 29'/36'
Discus: 70'/100' Long Jump: 13'/16'