

2019 Black Knight Track & Field Invitational  
Hempfield High School, Landisville, PA  
Time Schedule

8:30 Coaches' Meeting at clerking tent  
9:25 Star Spangled Banner

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: 28'/38'      Javelin: 75'/125'      Triple Jump: 30'/38'  
Discus: 75'/100'      Long Jump: 15'/18'