

Wyomissing Area High School Team Challenge
Friday, February 1, 2019

N.F.H.S. Sanctioned Meet (Athletes only from teams pre-approved may enter. NO “open” entries)

Wyomissing Area Team **INVITED TEAMS ONLY**

Field Events:

- 5:00pm** **Girls Pole Vault** 3 per school. 7-0 opening height. Boys to follow at 10-0
- 5:00pm** **Boys Long Jump** 3 per school.
- 5:00pm** **Girls High Jump** starting height 4-2. 3 per school
- 5:00pm** **Boys Shot Put** 3 per school
- 7:30pm?** **Girls Long Jump** (follows boys) 3 per school.
- 7:30pm?** **Boys High Jump** (follows girls) 5-2 starting height. 3 per school
- 8:00pm?** **Girls Shot Put** (follows boys) 3 per school

Running Events: girls followed by boys, except as noted. This is not a hard and fast schedule. It is meant to give the coaches and athletes approximate times in order to judge warm-up.

We **will** try to run ahead.

- 5:00pm** **3000 meters** 1 per school- coaches must help count laps
- 6:00pm** **4X800** 2 team per school
- 7:00pm** **55 hurdles trials** top six times to final, 3 per school
- 7:30pm** **55 dash trials** top six times to final, 3 per school.
- 8:00pm** **1600 meters** 2 per school
- 8:30pm** **55 hurdles finals** (boys then girls)
- 8:40pm** **55 dash finals** (boys then girls)
- 8:50pm** **800 meters** 3 per school
- 9:50pm** **200 meters** 3 per school
- 10:30pm** **4x400 relay** 2 teams per school

Awards: Medals to top three places

Timing: Fully Automatic Timing- unless noted

Directions: Go to athletics website: (kubears.com) for directions to KU Indoor Track (O’Pake Fieldhouse).