

**LVC High School Indoor Track & Field Meet
Saturday, January 12, 2019**

Departure: 7:30am (HHS)

Return: 5:30pm (HHS)

Order of Events

8:30am

Long Jump (B-G) then Triple Jump (B-G)

9:00am

Pole Vault (B-G), High Jump (G-B)

9:30am

Shot Put (B-G)

9:30am

4X800 M Relay (G-B)

55 M Dash (G-B)

55 M Hurdles (G-B)

1600 M (G-B)

4X200 M Relay (G-B)

400 M (G-B)

55 M Hurdles (Finals – boys first)

55 M Dash (Finals – girls first)

800 M (G-B)

200 M (G-B)

3000 M (G-B)

4X400 M Relay (G-B)

**Directions: <http://www.lvc.edu/about-lvc/directions.aspx>
Arnold Sports Center and Heilman Center-Indoor Track**