

The 13th Annual Hoka Henderson Invitational Meet Schedule

Location: Henderson High School

400 Montgomery Ave
West Chester, PA US 19380

Directions: <https://bit.ly/2HO6wVd>

2:00 - 100/110 Hurdles High School 17.95/16.95, 16.3/15.2
2:20 - 100m Dash High School 13.50/11.65, 12.8/11.0
2:40 - Novice 1600m High School 6:10/5:10 NA
3:20 - 200m Dash High School 27.50/24.25 27.50/24.25, 26.0/22.7
4:00 - 4 x 800m Relay High School NA
4:35 - 1600m Run High School 5:45/4:45, 5:23/4:29
5:35 - 4 x 100m Relay High School NA
6:05 - 400 Meter High School 63.22/53.54, 60.0/51.0
6:50 - Wall of Fame Inductions
6:55 - 300 Meter Hurdles High School 50.50/43.50, 47.8/41.0
7:20 - Middle School 800 Meter Run Middle School NA
7:30 - 800 Meter Run High School 2:30/2:04.5, 2:23/1:59.0
8:05 - Elite Women's 800 meters Professional
8:10 - Girls 3200 meter run* High School 11:50/11:35
8:25 - Elite Mens 800 meters Professional Fast
8:30 - Mile Boys 3200 Meter Run* High School 10:00/9:50
9:15 - 4 x 400 m relay** High School NA
Field Events*** Minimum District 1
2:00 - 3:30 - Girls Long Jump Open Pit-3 jumps no final 16-0/16-10
2:00 - Girls Pole Vault-Opening height 9-0/9-6
2:00 - Girls Shot Put-3 throws-8 to finals- 31-0/33-6
2:00 - Boys Discus-3 throws-8 to finals- 125-0/135-0
2:00 - Girls Javelin-3 throws-8 to finals 90-0/102-0
3:00 - Boys High Jump 5-10/6-2
3:30 - 5:15 - Boys LJ-Open pit-3 jumps 20-6/21-0
4:30 - Boys Shot Put-3 throws-8 to finals 42-0/48-0
4:30 - Boys Javelin-3 throws-8 to finals 145-0/160-0
4:30 - Girls Discus-3 throws-8 to finals 90-0/101-0
6:00 - 7:30 - Girls TJ-Open pit-3 jumps 32-6/34-8
7:45 - 9:15 - Boys TJ Open pit-3 jumps 40-6/42-8
Girls High Jump-follows boys 4-10/5-1
Boys Pole Vault-follows girls 12-0/13-0