

# 30th Harrisonburg High School JV Invitational

## Time Schedule of Events

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- 4:15 Coaches Meeting at Start/Finish Line
- 4:25 National Anthem
- 4:30 Boys LJ, Girls LJ, Girls Discus, Boys Shot, Girls HJ, Girls PV  
Followed by Boys TJ, Girls TJ, Boys Discus, Girls Shot, Boys HJ, Boys PV
- 5:15 Girls & Boys 4x800 Meter Relay (*1 Heat*)
- 5:30 Girls 100 Meter Hurdles (*1 Heat*)
- 5:35 Boys 110 Meter Hurdles (*1 Heat*)
- 5:40 Girls 100 Meter Dash (*4 Heats*)
- 5:48 Boys 100 Meter Dash (*4 Heats*)
- 5:56 Girls 1600 Meter Run (*1 Heat*)
- 6:05 Boys 1600 Meter Run (*2 Heats*)
- 6:20 Girls 4x100 Meter Relay (*1 Heat*)
- 6:25 Boys 4x100 Meter Relay (*1 Heat*)
- 6:30 Girls 400 Meter Dash (*3 Heats*)
- 6:40 Boys 400 Meter Dash (*4 Heats*)
- 6:50 Girls 4x200 Meter Relay (*1 Heat*)
- 6:55 Boys 4x200 Meter Relay (*1 Heat*)
- 7:00 Girls 800 Meter Run (*1 Heat*)
- 7:05 Boys 800 Meter Run (*2 Heats*)
- 7:15 Girls 4x400 Meter Relay (*1 Heat*)
- 7:25 Boys 4x400 Meter Relay (*1 Heat*)
- 7:35 Meet Concludes

*We will stick to this schedule. We will NOT run ahead.*