2023 Palmer Track & Field Invitational

**Order of Events**

 **9:30 AM**

Girls’ Shot followed by Boys’ Shot

Boys’ Long Jump followed by Girls’ Long Jump

(SE Runway)

Girls’ Pole Vault followed by Boys’ Pole Vault

Boys’ Discus followed by Girls’ Discus

Girls’ Triple Jump followed by Boys’ Triple Jump

(SW Runway)

Boys’ High Jump followed by Girls’ High Jump

**12:00 (Girls followed by boys)**

4x800 Relay

100m/110m High Hurdles Preliminaries

100m Dash Preliminaries

400m Dash Finals

3200m Run Finals

200m Dash Preliminaries

15 Minute Break After Hurdles are Set for the 100HH Final

100m/110m High Hurdles

100m Dash

800m Run

300m Low/Intermediate Hurdles

200m Dash

1600m Run

4x100 Relay

4x400 Relay