

GF INDOOR DUAL
UND FPAC
Saturday, March 18, 2023

FIELD EVENTS

Horizontal jumps will be 4 jumps and no finals

1:00 PM - 2:30 PM Long Jump – girls and boys together

2:30 – 4:00 PM Triple Jump - girls and boys together

1:00 PM High Jump – boys to be followed by girls

1:00 PM Pole Vault – boys and girls together

1:00 PM Shot Put – girls to be followed by boys (4 throws, no finals)

TRACK EVENTS (all events girls first, followed by boys)

1:00 PM – rolling schedule

60 Meter Dash

300 Meter Mosey (Coaches Event)

4 x 200 Meter Relay

1600 Meters

60 Meter Hurdles

400 Meters

800 Meters

200 Meter Dash

Young Buck Dash (any kids in 6th grade or younger can run the 60m Dash)

4 x 400 Meter Relay