

SCHEDULE FOR THE LOUNSBERY EARLY BIRD

Running Events Start at 1:00 PM

V Girls 100M Hurdles
V Boys 110M Hurdles

V Girls 3200M Relay
V Boys 3200M Relay

V Girls 100M Dash
V Boys 100M Dash

V Girls 800M Relay
V Boys 800M Relay

V Girls 1600M Run
V Boys 1600M Run

V Girls 400M Relay
V Boys 400M Relay

V Girls 400M Run
V Boys 400M Run

V Girls 300M Hurdles
V Boys 300M Hurdles

V Girls Medley Relay
V Boys Medley Relay

V Girls 800M Run
V Boys 800M Run

V Girls 200M Dash
V Boys 200M Dash

V Girls 3200M Run
V Boys 3200M Run

V Girls 1600M Relay
V Boys 1600M Relay

Field Events Start at 12:00 PM

V Girls Shot Put
V Girls High Jump
V Boys Discus
V Boys Long Jump
V Girls Triple Jump
V Boys Pole Vault

Followed by:

V Girls Discus
V Boys Shot Put
V Boys High Jump
V Boys Triple Jump
V Girls Long Jump
V Girls Pole Vault

High school participates—3 from a school with 4 attempts

**Please respond to this e-mail if you are attending or
if you are not attending**