

# Sturgeon Invitational

<b>Sturgeon Invitational</b>			
<b>Running Events Start at 9am</b>		<b>Field Event Start at 8:30am</b>	
1. Varsity Boys 110 HH			
2. FS Boys 110 HH		<b>Long Jump -Flights with 4 jumps lowest to best order</b>	
3. FS Girls 100 HH		<b>7:45 am Run Through start until 8:20 am</b>	
4. Varsity Girls 100 HH		<b>Between each Flights for 2 extra Run throughs no more</b>	
5. FS Girls 3200		<b>Varsity Boys Pit A (By 200 start)</b>	
6. FB Boys 3200		<b>Varsity Girls Pit B (by 300H start)</b>	
7. FS Girls 4x100		<b>At Conclusion of Varsity</b>	
8. FS Boys 4x100		<b>JV Girls Pit A (By 200 start)</b>	
9. Varsity Girls 4x100		<b>JV Boys Pit B (by 300H start)</b>	
10. Varsity Boys 4x100			
11. FS Girls 1600		<b>Triple Jump - Flights with 4 jumps lowest to best order</b>	
12. FS Boys 1600		<b>Run Throughs start at end of Long Jump ( only 30 min)</b>	
11. Varsity Girls 1600		<b>4 Jumps - No Finals</b>	
12. Varsity Boys 1600		<b>Between each Flights for 2 extra Run throughs no more</b>	
13. FS Grils 400		<b>Varsity Boys Pit A (By 200 start)</b>	
14. FS Boys 400		<b>Varsity Girls Pit B (by 300H start)</b>	
15. Varsity Girls 400		<b>At Conclusion of Varsity</b>	
16. Varsity Boys 400		<b>JV Girls Pit A (By 200 start)</b>	
17. FS Girls 100		<b>JV Boys Pit B (by 300H start)</b>	
18. FS Boys 100			
19. Varsity Girls 100		<b>Shot 4 throws no finals</b>	
20. Varsity Boys 100		<b>Field Event Start at 8:30am</b>	
21. FS Girls 800		<b>FS Girls Ring A</b>	
22. FS Boys 800		<b>Varsity Girls Ring B</b>	
23. V Girls 800		<b>Once Ladies Done Gentlemen will start</b>	
24. V Boys 800		<b>FS Boys Ring A</b>	
23. FS Girls 300 HH		<b>Varsity Boys Ring B</b>	
24. Varsity Girls 300 HH			
25. FS Boys 300 IH		<b>Discus 4 throws no finals</b>	
26. Varsity Boys 300 IH		<b>Field Event Start at 8:30am</b>	
27. FS Girls 200		<b>FS Boys Ring A (Behind Shed )</b>	
28. FS Boys 200		<b>Varsity Boys Ring B ( Behind Visitor Bleachers)</b>	
29. Varsity Girls 200		<b>Once Guys done Ladies will throw</b>	
30. Varsity Boys 200		<b>FS Girls Ring A (Behind Shed )</b>	
31. Varsity Girls 3200		<b>Varsity Girls Ring B ( Behind Visitor Bleachers)</b>	
32. Varsity Boys 3200			
33. FS Girls 4x400		<b>Pole Vault (Opening Heights)</b>	
34. FS Boys 4x400		<b>Field Event Start at 8:30am</b>	
35. Varsity Girls 4x400		<b>V Girls – 7' One foot increments until 8', then 6" increments</b>	
36. Varsity Boys 4x400		<b>V Boys – 9' One foot increments until 10', then 6" increments</b>	
		<b>F/S Boys – 8' One foot increments until 9', then 6" increments</b>	
<b>High Jump</b>		<b>F/S Girls – 6' One foot increments until 7 , then 6" increments</b>	
<b>Field Event Start at 8:30am</b>			
<b>FS Girls</b>			
<b>Varsity Girls</b>			
<b>FS Boys</b>			
<b>Varsity Boys</b>			
<i>Opening Heights:</i>			
<b>F/S G -3'8", VG-4', F/S B-4'6", VB-5'</b>			

