

Brown and Gold: Time Schedule
Friday February 15, 2019

- 4:00 pm Field Event athletes warm-up
- 4:30 pm Girls HJ/ Boys to follow
 Boys LJ/ Girls to follow
 Shot put/ Discus (boys & girls combined)
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- 4:30 pm Runners warm-up
- 5:00 pm 1600m run (all running events: girls 1st and boys to follow)
- 5:15 pm 60m hurdles
- 5:30 pm 100m dash
- 5:50 pm 400m dash
- 6:05 pm 800m run
- 6:20 pm 150m low hurdles
- 6:35 pm 200m dash
- 6:55 pm Teams gather 4x4 teams to warm up
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- 7:15 pm 4x400m relay
- 7:30 pm Team cool-down and results
- 7:45 pm Meet is Finished!