

Southern Lehigh/Northwestern/Parkland **Scrimmage Notes and Schedule**

General Comments

- Everybody will be able to compete
- Athletes may compete in more than 4 events
- Running events – Girls will go first
- Field Events are Open Pit
- Coaches will help run the field events (faculty will be available also)
- **We have a new timing system and will give times immediately by lane numbers**
- Athletes should report to starting line or field event site

Field Events - The following will begin at 3:30

- Pole Vault – Boys and girls combined – Start at low height and move up
- High Jump – Boys and girls combined – Start at low height and move up
- Boys Long Jump – Followed by Boys Triple jump
- Girls' Long Jump will begin at the end of the Boys' Triple Jump
- Girls' Triple Jump will follow the Girls' Long Jump
- Boys' Javelin followed by Girls' Javelin
- Girls' shot put followed by boys shot put
- Discus will begin when Javelin is over; (if time is short, we will throw boys and girls together)

Running Event Order – (Girls first – Boys Second)

- 100/110 Meter Hurdles
- 100 Meter Run
- 800 Meter Run
- 400 Meter Relay
- 400 Meter Run,
- 300 Meter Hurdles
- 1600 Meter Run
- 200 Meter Run
- 400 Meter Run, (additional Heats or Relays)