

# Greater Valley Dual Meet Schedule

## **RUNNING EVENT SCHEDULE 4:15 Start--Rolling Schedule**

(unless otherwise stated, JV First then Varsity; Girls FIRST then Boys)

400M Relay

1500M Run

\* We will combine Varsity and JV Races

100M Dash

400M Dash

High Hurdles

800M Run

200M Dash

300M Hurdles

3000M Run

\* 1 Race for Both Girls and Boys

1600 M Relay

**Field Events – Begin at 3:30pm.**

**Pole Vault may begin earlier due to weather.**

Discus Cage: Order- Girls Varsity, Girls JV, Boys Varsity, Boys JV

Shot Put Ring: Order- Boys Varsity, Boys JV, Girls Varsity, Girls JV

Javelin Runway: Order- Boys Varsity, Boys JV, Girls Varsity, Girls JV

High Jump Apron: Order- Varsity and JV Girls, Varsity and JV Boys

Pole Vault: Order- Boys Varsity, Girls Varsity, Boys and Girls JV

Long Jump Pit #1: Order- Girls Varsity, Girls JV, Triple Jump to follow

Long Jump Pit #2: Order- Boys Varsity, Boys JV, Triple jump to follow