14th Annual Twin Valley Raider Invitational
2024 Meet Schedule
April 19, 2024

<u>Track Events</u> – All track events Girls then Boys

100-110 High Hurdle Trials	4:00
100 m Dash Trials	4:25
1600 m *Novice* Run	4:45
National Anthem	5:15
200 m Dash	5:20
4x800 m Relay	5:50
100-110 High Hurdles Finals	6:20
100 m Dash Finals	6:30
1600 m Run	6:35
4 x 100 m Relay	7:05
400 m Run	7:25
4x200 *Novice* Relay	7:45
300 m Hurdles	8:15
800 m Run	8:35
3200 m Run	8:50
4 x 400 m Relay	9:30

<u>Field Events</u> – Throws

3:30 Boys Javelin – Boys Shot – Girls Discus

5:30 Boys Discus – Girls Javelin – Girls Shot

<u>Field Events</u> - Jumps

4:15 Girls Pole Vault – Boys will Follow

4:15 Boys High Jump – Girls will Follow

4:30 Boys Long Jump – Boys Triple Jump will Follow (same pit)

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All times are approximate – for general planning purposes and spectators. We will allow the invite to get ahead of schedule.