

BEFORE THE BREAK ALL-COMERS

March 28th, 2023

Mill Creek High School

Admission: TBD

Transportation: We will have 1 bus for this meet. Bus sign-up link is here (<https://forms.gle/NqnE4faaCqrJhLMf9>) & will be sent out via Remind on Monday morning (3/27). Athletes are strongly encouraged to find their own transportation, as bus space will be limited to the first 40 athletes to sign up.

Meet Schedule:

Meet will be run on a rolling schedule.

Field Events

3:30 Boys & Girls Shot Put
Girls Long Jump (Gold Runway) followed by Girls Triple Jump
Boys Long Jump (Red Runway) followed by Boys Triple Jump
Girls High Jump (followed by Boys)
Girls & Boys Pole Vault (combined)
Boys & Girls Discus

Running Events

4:00 4x800m Relay
~4:15 100/110 Hurdles
~4:25 100m Dash
~4:55 4x200m Relay
~5:05 1600m Run (High School & Middle School)
~5:45 4x100m Relay
~6:00 400m Dash
~6:15 300 Hurdles
~6:30 800m Run
~6:45 200m Dash
~7:05 3200m Run
~7:25 4x400m Relay