

## 2024 Glenn Poole Invitational (Feb. 24th, 2024)

### Order of Events

#### Running Events Schedule (All Events are Finals) Running Events Begin at 9:00 AM

Running Events start with girls with the exception of 110 Hurdles and DMR

(All warm-ups are to take place outside of the stadium).

3200 Meters	Varsity Girls
3200 Meters (The Navarro "2 mile")	Varsity Boys
110 Hurdles	Varsity Boys
110 Hurdles	Frosh/Soph Boys
100 Hurdles	Varsity Girls
100 Hurdles	Frosh/Soph Girls
DMR (200,400,800,1200)	V & Frosh/Soph
3200 Meters	Frosh/Soph Girls
3200 Meters	Frosh/Soph Boy
4x100 Meters	Frosh/Soph
4x100 Meters	Varsity

#### KIDS HALF LAPPER Kids 10 and under

(Kids 5 and under will run shorter)

400 Meters	Frosh/Soph
400 Meters	Varsity
100 Meters	Frosh/Soph
100 Meters	Varsity
800 Meters	Frosh/Soph
800 Meters)	Varsity
300 M Hurdles	Frosh/Soph Girls
300 M Hurdles	Varsity Girls
300 M Hurdles	Frosh/Soph Boys
300 M Hurdles (The Terwilliger "300")	Varsity Boys
200 Meters	Frosh/Soph
200 Meters	Varsity
1600 Meters	Frosh/Soph
1600 Meters (The Tudsbury "Mile")	Varsity
Throwers 4x100	1 team per school
4x400 Meters	Frosh/Soph Boys
4x400 Meters	Frosh/Soph Girls
4x400 Meters	Varsity Girls
4x400 Meters	Varsity Boys

#### FIELD EVENTS BEGIN AT 8:30

Check in & Warm-ups begin @ 7:30

Triple Jump Warm-ups @ Noon

#### Shot Put Ring #1 - Varsity

Boys followed by Girls

(The Ruden Shot)

#### Discus Ring #1 - Varsity

(The Muller "Discus")

Girls followed Boys

#### Ring #2 Frosh/Soph (behind Check In)

Girls/Boys Shot – followed by

Girls/Boys Disc

#### High Jump (The Sakaishi Jump)

Opens @ 4'3" open pit

Frosh/Soph Girls/ Boys

Followed by Varsity Girls

Followed by Varsity Boys

#### Long Jump (Open Pit) 8:30-12:00

Varsity Girls Runway #1

Varsity Boys Runway #2

F/S Girls/ Boys Runway #3

#### Triple Jump (Open Pit) 12:30-3:00

Varsity Girls Runway #1

Varsity Boys Runway #2

F/S Girls/Boys Runway #3

#### Pole Vault (The Judd "Pole Vault")

Boys Pit #1

F/S opens @ 8ft -- Varsity opens 9ft

Girls Pit #2

F/S Opens @ 5 ft -- Varsity @ 7 ft