

# 2024 Sturgeon Invitational

## Running Events 9:00am

Varsity Boys 110 H  
FS Boys 110 H  
FS Girls 100 H  
Varsity Girls 100 H  
FS Boys 1600  
FS Girls 1600  
FS Boys 4 x 100  
FS Girls 4 x 100  
Varsity Girls 4 x 100  
Varsity Boys 4 x 100  
Varsity Girls 1600  
Varsity Boys 1600  
FS Boys 400  
FS Girls 400  
Varsity Girls 400  
Varsity Boys 400  
FS Boys 100  
FS Girls 100  
Varsity Girls 100  
Varsity Boys 100  
FS Girls 3200  
FS Boys 3200  
FS Girls 300 LH  
Varsity Girls 300 LH  
FS Boys 300 LH  
Varsity Boys 300 LH  
FS Boys 800  
FS Girls 800  
Varsity Girls 800  
Varsity Boys 800  
FS Boys 200  
FS Girls 200  
Varsity Girls 200  
Varsity Boys 200  
Varsity Girls 3200  
Varsity Boys 3200  
FS Boys 4 x 400  
FS Girls 4 x 400  
Varsity Girls 4 x 400  
Varsity Boys 4 x 400

## Field Events 8:30am

**Long Jump:** Flights, 4 Jumps – No Finals.  
Run throughs start @ 7:45 am to 8:20 am

Varsity Boys – Pit A (By 200 Start)  
Varsity Girls – Pit B (By 300H Start)  
FS Girls – Pit A (After VB)  
FS Boys – Pit B (After VG)

**Triple Jump:** Flights, 4 Jumps – No Finals.  
Run throughs start at end of Long Jump

Varsity Boys – Pit A (By 200 Start)  
Varsity Girls – Pit B (By 300H Start)  
FS Girls – Pit A (After VB)  
FS Boys – Pit B (After VG)

## **High Jump (Opening Heights)**

8:30 am      FS Girls (3-8)  
                  Varsity Girls (4-0)  
                  FS Boys (4-8)  
                  Varsity Boys (5-4)

## **Pole Vault**

8:30am      VG, VB, FSB, FSG,  
Opening Heights 7-0 9-0 8-0 6-0

## **Shot Put:** 4 Throws - No Finals

8:30am FS Girls @ Ring A  
          Varsity Girls @ Ring B  
  
          FS Boys @ Ring A (after FS Girls)  
          Varsity Boys @ Ring B (after VG)

## **Discus:** 4 Throws - No Finals

8:30am FS Boys @ Ring A  
          Varsity Boys @ Ring B  
  
12:00pm FS Girls @ Ring A  
          Varsity Girls @ Ring B