

7th Annual Fredericksburg Regional Qualifiers Meet
Friday, April 18, 2008

Meet Schedule:

11:00-11:30 Pickup of Heat Sheets in field house,

12:00 Field Events:

Boys Shot Put followed by Girls Shot Put

Girls Discus followed by Boys Discus

Boys Triple Jump followed by Girls Triple Jump

Girls Long Jump followed by Boys Long Jump

Girls High Jump followed by Boys High Jump

Boys Pole Vault followed by Girls Pole Vault

Running Order: Girls followed by Boys

2:30 3200 Meter Run

3:30 400 Meter Relay

800 Meter Run

100 Meter Hurdles

110 Meter Hurdles

100 Meter Dash

800 Meter Relay

400 Meter Dash

300 Meter Hurdles

200 Meter Dash

1600 Meter Run

1600 Meter Relay