**Concordia High School Invitational Track and Field Meet**
OLSON FORUM, CONCORDIA COLLEGE, MOORHEAD, MINNESOTA

*Saturday, April 24, 2007*

**TRACK EVENTS** (all events girls first, followed by boys)
All events are timed finals – fastest heats running first except the 4 x 400 Relay in which the fastest heat will run last.

**12:00 noon – rolling schedule**

4 x 800 Relay

55 Meter Dash

4 x 200 Relay

1600 Meters

400 Meters

55 Meter Hurdles

800 Meters

200 Meter Dash

3200 Meters

4 x 400 Meter Relay

**FIELD EVENTS**

**12:00 noon**

Shot Put – girls to be followed by boys – 3 prelim throws / top 8 to finals for 3 additional throws

High Jump – boys to be followed by girls

Pole Vault - boys to be followed by girls

Horizontal jumps will be 3 jumps and no finals

**12:00** - Long Jump – girls to be followed by boys

Triple Jump – cafeteria style boys and girls together, to follow boys long jump

**Meet entries are due Friday, April 23 by 5:00 p.m.**