



## Mt. Zion Boys Indoor Invitational Track Schedule Wednesday, March 6, 2024

**4:00 p.m.** Field events (Long Jump 1<sup>st</sup> with Triple Jump to follow, High Jump and Pole Vault)

**5:00 p.m.** Shot put will be held at the Intermediate School in the All-purpose Room

**4:30 p.m. Running Events**

- 4:30 3200 (Heat 1)
- 4:45 1600 (Heat 1)
- 5:00 3200 (Fast Heat)
- 5:15 60m dash prelims (10 heats)
- 5:45 60m hurdles prelims (3 heats)
- 5:55 4x800 relay (2 heats)
- 6:20 60m finals (2 heats)
- 6:25 60m hurdle finals (1 heat)
- 6:30 800m run (5 heats)
- 6:50 4x200 relay (6 heats)
- 7:10 400m dash (6 heats)
- 7:25 1600 run (2 heats)
- 7:40 200m dash (6 heats)
- 7:55 4x400m relay (4 heats)

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Rob and Melissa Morse