



2019 SFHS RAIDERS OPEN MINI MEET

Date: FEBURARY 12, 2019

ADMISSION: \$4

ENTRY: UNLIMITED PER EACH EVENTS, 2 RELAY TEAMS

NON-SCORING MEET

COACHES MEETING - 3:45 PM

4:15 PM FIELD EVENTS:(4 X 800 M RELAY)

GIRLS LONG JUMP, BOYS TO FOLLOW, GIRLS TRIPLE JUMP, BOYS TO FOLLOW, GIRLS SHOT PUT, BOYS TO FOLLOW, GIRLS HIGH JUMP, BOYS TO FOLLOW, GIRLS/BOYS POLE VAULT TO FOLLOW GIRLS TRIPLE JUMP, BOYS DISCUS, GIRLS TO FOLLOW, GIRLS SHOT PUT, BOYS TO FOLLOW. (4) JUMPS AND THROWS. *IN AN EFFORT TO PROTECT THE RUBBER SURFACE, PLEASE BE SURE THAT ATHLETES ARE USING 3/16th PYRAMID OR NEEDLE SPIKES OR SHORTER.

5:30 PM RUNNING FINALS (HEATS AGAINST TIMES)

100 M HURDLES

800 M RUN

110 M HURDLES

200 M DASH

100 M DASH

600 M RUN

1600 M RUN

1200 M RUN

400 M RELAY

4 X 400 M RELAY

300 M DASH