



Cross Country/Track & Field

**UMES Coach O HS Indoor Invitational
Saturday, January 7th, 2017
Tentative Schedule**

START

2:00 PM
2:00 PM
2:00 PM
4:00 PM

GIRLS
BOYS FOLLOW
GIRLS
BOYS FOLLOW
BOYS
GIRLS FOLLOW
GIRLS
BOYS FOLLOW

FIELD EVENTS

SHOT PUT
SHOT PUT
LONG JUMP
LONG JUMP
HIGH JUMP
HIGH JUMP
TRIPLE JUMP
TRIPLE JUMP

START

2:00 PM
2:15 PM
2:25 PM
2:40 PM
2:55 PM
3:10 PM
3:20 PM
3:45 PM
3:55 PM
4:05 PM
4:10 P.M.
4:15 P.M.
4:20 P.M.
4:35 P.M.
4:50 P.M.
5:00 P.M.
5:15 P.M.
5:30 P.M.
5:40 P.M.
5:50 P.M.
6:00 P.M.
6:20 P.M.
6:35 P.M.
7:00 P.M.

GIRLS
BOYS
GIRLS
BOYS
GIRLS
BOYS
GIRLS
BOYS
GIRLS (TOP 8/2 heat of 4)
BOYS (TOP 8/2 heat of 4)
GIRLS (TOP 8/2 heat of 4)
BOYS (TOP 8/2 heat of 4)
GIRLS
BOYS
GIRLS
BOYS
GIRLS
BOYS
GIRLS
BOYS
GIRLS
BOYS
GIRLS
BOYS

TRACK EVENTS

8 X 800 RELAYS
8 X 800 RELAYS
60 M HURDLES TRIALS
60 M HURDLES TRIALS
60 M DASH TRIALS
60 M DASH TRIALS
1 MILE RUN
1 MILE RUN
60 M HURDLES FINALS
60 M HURDLES FINALS
60 M DASH FINALS
60 M DASH FINALS
500 M RUN
500 M RUN
300 M RUN
300 M RUN
800 M RUN
800 M RUN
4 X 200 M RELAYS
4 X 200 M RELAYS
3200 M RUN
3200 M RUN
4 X 400 RELAYS
4 X 400 RELAY

***Note: If this meet is running ahead of schedule we will stay ahead**

www.easternshorehawks.com

W.P. Hytche Athletic Center Princess Anne, Maryland 21853 Tel: (410) 651-6710 Fax: (410) 651-7600