



Cross Country/Track & Field

**UMES Lid Lifter HS Indoor Invitational
Saturday, December 10th, 2016
Tentative Schedule**

START

11:00 A.M.	GIRLS	
	BOYS	FOLLOW
11:00 A.M.	GIRLS	
	BOYS	FOLLOW
11:00 A.M.	BOYS	
	GIRLS	FOLLOW
2:00 P.M.	GIRLS	
	BOYS	FOLLOW

FIELD EVENTS

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

START

11:00 AM	GIRLS	
11:15 AM	BOYS	
11:30 AM	GIRLS	
11:45 AM	BOYS	
12:00 PM	GIRLS	
12:15 PM	BOYS	
12:30 PM	GIRLS	(200-200-400-800)
12:45 PM	BOYS	(200-200-400-800)
1:00 PM	GIRLS	(1 SECTION ONLY)
1:10 PM	BOYS	(1 SECTION ONLY)
1:20 PM	GIRLS	
1:35 PM	BOYS	
1:50 PM	GIRLS	(TOP 8/2 heat of 4)
2:00 PM	BOYS	(TOP 8/2 heat of 4)
2:05 P.M.	GIRLS	(TOP 8/2 heat of 4)
2:10 P.M.	BOYS	(TOP 8/2 heat of 4)
2:20 P.M.	GIRLS	
2:35 P.M.	BOYS	
2:50 P.M.	GIRLS	
3:05 P.M.	BOYS	
3:30 P.M.	GIRLS	
3:45 P.M.	BOYS	
4:00 P.M.	GIRLS	
4:15 P.M.	BOYS	
4:30 P.M.	GIRLS	
4:45 P.M.	BOYS	
5:00 P.M.	GIRLS	
5:15 P.M.	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
SPRINT MEDLEY RELAY
SPRINT MEDLEY RELAY
FR MILE RUN
FR MILE RUN
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**