

USATF THREE RIVERS ASSOCIATION Developmental Meet #1, #2

South Allegheny High School

REPORT @ STADIUM: 7:45 AM Coaches Meeting 8:15am

START TIME: ALL EVENTS 8:30 AM

ORDER OF EVENTS

3000m

80 / 100 / 110 HURDLES

100 TRIALS

1500m

100 FINALS

400m

1500/3000 RACE WALK

200/400 HURDLES

800m

200 TIMED FINALS

FIELD EVENTS AS CALLED (OLDEST TO YOUNGEST):

LONG JUMP, TRIPLE JUMP, SHOT PUT, DISCUS, JAVELIN , High Jump