

USATF THREE RIVERS ASSOCIATION Developmental Meet #4

Gateway High School

3000 Mosside Gateway Campus Blvd, Monroeville PA 15146

REPORT @ STADIUM: 7:30 AM Coaches Meeting 8:00am

Packet Pick-Up: Starts at 7:30am (all payment must be a valid club check)

START TIME: ALL EVENTS 8:30 AM

ORDER OF EVENTS

1500/3000 RACE WALK

3000m

80 / 100 / 110 HURDLES

100 TRIALS

200/400 HURDLES

1500m

100 FINALS

400m- TIMED FINALS

4x100 Relay

800m- TIMED FINALS

200m- TIMED FINALS

4x400m Relay

FIELD EVENTS- AS CALLED:

LONG JUMP, TRIPLE JUMP, HIGH JUMP,

SHOT PUT, DISCUS, TURBO JAVELIN, AERO/JAVELIN

****Throwing events will be held on the field behind Mosside Middle School****