

Alvord Bulldog Invitational Track Meet
Thursday February 28, 2019
Schedule of Events

Scratch Meeting: 3:00 – 3:45 Room behind Concession Stand

Running Events: The running order is as follows: JVG-VG-JVB-VB

4:30 Start: 3200m Run (will combine JV boys and girls and Varsity boys and girls)
4 X 100m Relay
800m Run
100 Hurdles (JVG-VG)
110 Hurdles (JVB-VB)
100m Dash
4 X 200m Relay
400m Dash
300m Hurdles
200m Dash
1600m Run (will combine JV boys and girls and Varsity boys and girls)
4 X 400m Relay

***Will roll from one race to the next.**

***We will have our weight room open for athletes to stretch in. Please make sure that they are warmed up and ready to go for their races.**

Pete Hart