



GRAND RIVER CONFERENCE TRACK & FIELD

Albany High School

Wayne & Doris Guess Athletic Complex- Albany, MO

May 2nd, 2023

12:00pm Implement Weigh-in
12:30pm Coaches meeting- scratches only

FIELD EVENTS

3 Jumps/Throws, top 9 to finals for 3 additional attempts (Excluding high jump & pole vault)

1:00pm

G Pole Vault
B High Jump
B Discus
G Triple Jump
G Javelin
B Long Jump
G Shot Put

***2:30pm (approximate time)**

B Pole Vault
G High Jump
G Discus
B Triple Jump
B Javelin
G Long Jump
B Shot Put

TRACK EVENTS

(All Finals)

All events are girls followed by boys, unless otherwise noted

1:30 3200m Run

3:30 Running events begin with a rolling schedule

4x800m Relay	Finals
100m Hurdles (Girls)	Finals
110m High Hurdles (Boys)	Finals
100m Dash	Finals
4x200m Relay	Finals
1600m Run	Finals
4x100m Relay	Finals
400m Dash	Finals
300m Low Hurdles (Girls)	Finals
300m Int. Hurdles (Boys)	Finals
800m Run	Finals
200m Dash	Finals
4x400m Relay	Finals