

# Girls Oakridge Practice Meet 2/11/16 Itinerary

Bus will depart from the school at 2:45. All athletes must ride the bus.

## **Field Events begin at 4pm**

LJ	ORHS
SP	ORHS
Discus	KOHS
HJ 4'	ORHS
PV 6'	KCHS

## **Running Events begin at 5:00pm**

	KC Lanes 1,4, 8
OR lanes 3,6,7	KO lanes- 2,5
800m	
100H	*first 5 hurdles & stop where 6th would be
100m	
200H	*Start at 300m h spot, stop at 100m
200m	
1600m	
4x400mRelay	