

SUPER SEVEN INVITATIONAL
SATURDAY, MAY 1ST 2021
AT DE LA SALLE HIGH

Order of Events

Field Events: 9:00 AM

Pole Vault – Varsity Boys – Varsity Girls to follow completion of boys

Shot Put Varsity Boys-Varsity Girls to follow completion of boys

Discus Varsity Girls- Varsity Boys to follow completion of girls

Long Jump Varsity Boys -Varsity Girls to follow completion of boys

Triple Jump Varsity Girls – Boys Varsity to follow completion of girls

High Jump Varsity Girls – Varsity Boys to follow completion of girls

*We will run an open pit in the Long and Triple jump for 90 Minutes. Kids will get four jumps only in the long and triple jump.

Running Events: 9:30 AM

1	4 X 100 Meter Relay	Girls /Boys
2	1600 Meters	Girls /Boys
3	100/110 Hurdles	Girls / Boys
4	400 Meters	Girls / Boys
5	100 Meters	Girls / Boys
6	800 Meters	Girls / Boys
7	300 IM Hurdles	Girls / Boys
5	200 Meter Dash	Girls / Boys
8	3200 Meters	Girls / Boys Combined
9	4 x 400 Meter Relay	Girls / Boys

*Please have your athletes ready and checked in by the first call.
Heats may be combined.