

**2024 FOREST CITY/MUSTANG INVITATIONAL**  
**FINAL TRACK SCHEDULE**

**TRACK EVENTS – Track events will be run from FAST to SLOW**

**\*In the interest of time, we will run 30min ahead of schedule whenever possible\***

<b>Event Start Time</b>	<b>Event</b>	<b>Divison</b>
9:30am	110mh	Senior Boys 36"
9:45am	100mh	Junior Boys 36"
10:00am	100mh	Novice Boys 33"
10:10am	100mh	Senior Girls 30"
10:25am	80mh	Junior Girls 30"
10:40am	80mh	Novice Girls 30"
11:00am	800m	Novice Girls
11:15am	800m	Junior Girls
11:30am	800m	Senior Girls
11:45am	800m	Novice Boys
12:00pm	800m	Junior Boys
12:15am	800m	Senior Boys
<b>Track Break</b>	<b>Track Break</b>	<b>Track Break</b>
1:00pm	100m	Para Girls then Para Boys
1:05pm	100m	Novice Girls
1:25pm	100m	Junior Girls
1:45pm	100m	Senior Girls
2:05pm	100m	Novice Boys
2:20pm	100m	Junior Boys
2:45pm	100m	Senior Boys
3:10pm	400m	Novice Girls
3:25pm	400m	Junior Girls
3:40pm	400m	Senior Girls
4:00pm	400m	Novice Boys
4:15pm	400m	Junior Boys
4:30pm	400m	Senior Boys
4:55pm	1500m	Novice Girls
5:10pm	1500m	Junior Girls
5:25pm	1500m	Senior Girls
5:45pm	1500m	Novice Boys
6:05pm	1500m	Junior Boys
6:25pm	1500m	Senior Boys

**RESULTS:** [mustangstiming.com/Results/FCMI24](http://mustangstiming.com/Results/FCMI24)

## FINAL FIELD SCHEDULE

<b>Time</b>	<b>Event</b>	<b>Divison</b>
11:00am	High Jump	Junior Girls
12:15pm	High Jump	Novice Girls
1:35pm	High Jump	Senior Girls
3:00pm	High Jump	Junior Boys
4:30pm	High Jump	Novice Boys
5:45pm	High Jump	Senior Boys

### **High Jump Starting Heights**

Novice/Junior Boys - starting ht./increments 1.40 + 10cm to 1.50 + 5cm

Senior Boys - starting ht./increments 1.51 + 10cm to 1.61 + 5cm

Novice/Junior Girls - starting ht./increments 1.20 + 10cm to 1.40 + 5cm

Senior Girls - starting ht./increments 1.33 + 10cm to 1.43 + 5cm

<b>Time</b>	<b>Event</b>	<b>Divison</b>
Flight 1 - 11:00am Flight 2 - 12:30pm	Long Jump (North Pit)	Senior Boys
Flight 1 - 11:00am Flight 2 - 12:30pm	Long Jump (South Pit)	Junior Girls
Flight 1 - 11:00am Flight 2 - 12:30pm	Long Jump (Lower Pit)	Novice Boys
Flight 1 - 2:00pm Flight 2 - 3:30pm	Long Jump (North Pit)	Senior Girls
Flight 1 - 2:00pm Flight 2 - 3:30pm	Long Jump (South Pit)	Junior Boys
Flight 1 - 2:00pm Flight 2 - 3:30pm	Long Jump (Lower Pit)	Novice Girls

<b>Time</b>	<b>Event</b>	<b>Divison</b>
11:00	Pole Vault	Novice/Junior Girls
After N/J Girls - EST. 1:30pm	Pole Vault	Senior Girls
After S Girls - EST. 3:00pm	Pole Vault	Novice/Junior Boys
After N/J Boys - EST. 4:30	Pole Vault	Senior Boys

<b><u>Time</u></b>	<b><u>Event</u></b>	<b><u>Divison</u></b>
11:00am	Shot Put	Novice Girls
12:15am	Shot Put	Junior Girls
1:30pm	Shot Put	Senior Girls
3:00pm	Shot Put	Novice Boys
4:15pm	Shot Put	Junior Boys
5:30pm	Shot Put	Senior Boys

<b><u>Time</u></b>	<b><u>Event</u></b>	<b><u>Divison</u></b>
10:30am	Discus	Senior Boys
12:30pm	Discus	Junior Boys
2:15pm	Discus	Novice Boys
3:30pm	Discus	Senior Girls
4:45pm	Discus	Novice Girls
5:45pm	Discus	Junior Girls

<b><u>Time</u></b>	<b><u>Event</u></b>	<b><u>Divison</u></b>
10:30am	Javelin	Junior Boys
12:15pm	Javelin	Novice Boys
1:30pm	Javelin	Senior Boys
3:45pm	Javelin	Junior Girls
4:45pm	Javelin	Novice Girls
6:15pm	Javelin	Senior Girls