



## 2023 FALLS CITY TRIANGULAR

### Schedule of events:

4:00 PM	Field events: 4 throws / No finals 4 attempts in flat jumps / No finals Boys shot/ girls to follow Girls long jump / triple jump to follow Boys long jump / triple jump to follow Boys high jump / girls to follow Girls discus / boys to follow Girls pole vault / boys to follow
5:15 PM	Running events: 4 x 800 relay girls then boys 100 meter highs girls 110 meter highs boys (PARENTS NIGHT – Approx. 15 minute break) 100 meter dash girls then boys 1600 meter run girls then boys 400 meter relay girls then boys 400 meter dash girls then boys 300 meter hurdles girls then boys 800 meters girls then boys 200 meter dash girls then boys 3200 meter run girls then boys 400 meter weight relay girls then boys / Not scored 1600 meter relay girls then boys

**Scoring: 5-3-2-1 Relay: 5-3**

Teams entered: Falls City, NE., HTRS, NE., Doniphan West, KS.