

Junipero Serra  
**Top 7 Invitational**

**March 23, 2019**

*Approximate Time Schedule*

**RUNNING EVENTS**

9:00 Girls Varsity 400m Relay  
Boys Varsity 400m Relay

1:45 Girls JV 400m Relay  
Boys FS 400m Relay

9:15 Girls Varsity 1600m  
Boys Varsity 1600m

2:00 Girls JV 1600m  
Boys FS 1600m

9:45 Girls Varsity 100m Hurdles  
Boys Varsity 110m HH

2:30 Girls JV 100m Hurdles  
Boys FS 65m HH

10:05 Girls Varsity 400m  
Boys Varsity 400m

2:50 Girls JV 400m  
Boys FS 400m

10:35 Girls Varsity 100m  
Boys Varsity 100m

3:20 Girls JV 100m  
Boys FS 100m

11:00 Girls Varsity 800m  
Boys Varsity 800m

3:45 Girls JV 800m  
Boys FS 800m

11:25 Girls Varsity 300m Hurdles  
Boys Varsity 300m Hurdles

4:10 Girls JV 300m Hurdles  
Boys FS 300m Hurdles

11:55 Girls Varsity 200m  
Boys Varsity 200m

4:40 Girls JV 200m  
Boys FS 200m

12:35 Girls Varsity 3200m  
Boys Varsity 3200m

5:20 Girls JV 3200m  
Boys FS 3200m

1:25 Girls Varsity 1600m Relay  
Boys Varsity 1600m Relay

6:00 Girls JV 1600m Relay  
Boys FS 1600m Relay

## **FIELD EVENTS**

### **9:00 AM**

Boys Varsity Shot Put  
Girls Varsity Discus  
Girls Varsity Pole Vault  
Girls Varsity High Jump  
Boys Varsity Long Jump  
Girls Varsity Triple Jump

### **11:00 AM**

Girls Varsity Shot Put  
Boys Varsity Discus  
Boys Varsity Pole Vault  
Boys Varsity High Jump  
Girls Varsity Long Jump  
Boys Varsity Triple Jump

### **1:30 PM**

Boys FS Shot Put  
Girls JV Discus  
Girls JV Pole Vault  
Girls JV High Jump  
Boys FS Long Jump  
Girls JV Triple Jump

### **3:30 PM**

Girls JV Shot Put  
Boys F/S Discus  
Boys F/S Pole Vault  
Boys F/S High Jump  
Girls JV Long Jump  
Boys F/S Triple Jump