**2023 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 ahead of schedule whenever possible\***

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| **Event Start Time** | **Event** | **Divison** | **Check-in Open** | **Check-in Closes** |
| 10:30am | 110mh | Senior Boys 36” | 9:15am | 9:45am |
| 10:45am | 100mh | Junior Boys 36” | 9:15am | 10:00am |
| 10:55am | 100mh | Novice Boys 33” | 9:15am | 10:05am |
| 11:00am | 100mh | Senior Girls 30” | 9:45am | 10:15am |
| 11:15am | 80mh | Junior Girls 30” | 9:45am | 10:30am |
| 11:30am | 80mh | Novice Girls 30” | 9:45am | 10:45am |
| 11:40pm | 800m | Novice Girls | 10:25am | 10:55am |
| 12:00pm | 800m | Junior Girls | 10:25am | 11:15am |
| 12:10pm | 800m | Senior Girls | 10:25am | 11:25am |
| 12:35pm | 800m | Novice Boys | 11:20am | 11:50am |
| 12:50pm | 800m | Junior Boys | 11:20am | 12:05pm |
| 1:05pm | 800m | Senior Boys | 11:20am | 12:20pm |
| 1:20pm | 100m | Novice Girls | 12:05pm | 12:35pm |
| 2:00pm | 100m | Junior Girls | 12:05pm | 1:15pm |
| 2:30pm | 100m | Senior Girls | 12:05pm | 1:45pm |
| 2:55pm | 100m | Novice Boys | 1:40pm | 2:10pm |
| 3:25pm | 100m | Junior Boys | 1:40pm | 2:40pm |
| 3:45pm | 100m | Senior Boys | 1:40pm | 3:00pm |
| 4:20pm | 400m | Novice Girls | 3:05pm | 3:35pm |
| 4:35pm | 400m | Junior Girls | 3:05pm | 3:50pm |
| 4:50pm | 400m | Senior Girls | 3:05pm | 4:05pm |
| 5:05pm | 400m | Novice Boys | 3:50pm | 4:20pm |
| 5:20pm | 400m | Junior Boys | 3:50pm | 4:35pm |
| 5:35pm | 400m | Senior Boys | 3:50pm | 4:50pm |
| Track Break | Track Break | Track Break | Track Break | Track Break |
| 6:20pm | 1500m | Novice Girls | 5:05pm | 5:35pm |
| 6:35pm | 1500m | Junior Girls | 5:05pm | 5:50pm |
| 6:50pm | 1500m | Senior Girls | 5:05pm | 6:05pm |
| 7:10pm | 1500m | Novice Boys | 5:55pm | 6:25pm |
| 7:30pm | 1500m | Junior Boys | 5:55pm | 6:45pm |
| 7:45pm | 1500m | Senior Boys | 5:55pm | 7:00pm |
| ~~8:00pm~~ | ~~200m~~ | ~~Novice Girls~~ | ~~6:45pm~~ | ~~7:15pm~~ |
| ~~8:15pm~~ | ~~200m~~ | ~~Junior Girls~~ | ~~6:45pm~~ | ~~7:30pm~~ |
| ~~8:30pm~~ | ~~200m~~ | ~~Senior Girls~~ | ~~6:45pm~~ | ~~7:45pm~~ |
| ~~8:45pm~~ | ~~200m~~ | ~~Novice Boys~~ | ~~6:45pm~~ | ~~8:00pm~~ |
| ~~9:00pm~~ | ~~200m~~ | ~~Junior Boys~~ | ~~6:45pm~~ | ~~8:15pm~~ |
| ~~9:15pm~~ | ~~200m~~ | ~~Senior Boys~~ | ~~6:45pm~~ | ~~8:30pm~~ |

**\*\*200m races have been cancelled\*\***

**RESULTS:** mustangstiming.com/Results/FCMI23

**FINAL FIELD SCHEDULE**

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| **Time** | **Event** | **Divison** |
| 11:00 | High Jump | Novice/Junior Girls |
| 1:30 | High Jump | Senior Girls |
| 3:00 | High Jump | Novice/Junior Boys |
| 5:30 | 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

|  |  |  |
| --- | --- | --- |
| **Time** | **Event** | **Divison** |
| 11:00 | Long Jump (South Pit) | Novice Girls - Flight 1 (Last name A - J) |
| 11:00 | Long Jump (Lower Pit) | Junior Girls - Flight 1(Last name A - J) |
| 11:00 | Long Jump (North Pit) | Senior Girls - Flight 1(Last name A - J) |
| 12:30 | Long Jump (South Pit) | Novice Girls - Flight 2 (Last name K - Z) |
| 12:30 | Long Jump (Lower Pit) | Junior Girls - Flight 2 (Last name K - Z) |
| 12:30 | Long Jump (North Pit) | Senior Girls - Flight 2(Last name K - Z) |
| 2:00 | Long Jump (South Pit) | Novice Boys - Flight 1 (Last name A - M) |
| 2:00 | Long Jump (Lower Pit) | Junior Boys - Flight 1(Last name A - K) |
| 2:00 | Long Jump (North Pit) | Senior Boys - Flight 1(Last name A - L) |
| 3:30 | Long Jump (South Pit) | Novice Boys - Flight 2 (Last name N - Z) |
| 3:30 | Long Jump (Lower Pit) | Junior Boys - Flight 2(Last name L - Z) |
| 3:30 | Long Jump (North Pit) | Senior Boys - Flight 2(Last name M - Z) |

**Horizontal Pits:**

South - 300m Start Line

North - 200m Start Line

Lower - Lower level past finish line

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| **Time** | **Event** | **Divison** |
| 12:00 | Pole Vault | Novice/Junior Girls |
| 1:30 | Pole Vault | Senior Girls |
| 3:00 | Pole Vault | Novice/Junior Boys |
| 4:30 | Pole Vault | Senior Boys |

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| --- | --- | --- |
| **Time** | **Event** | **Divison** |
| 5:00 | Triple Jump (South Pit) | Novice Girls |
| 5:00 | Triple Jump (Lower Pit) | Junior Girls |
| 5:00 | Triple Jump (North Pit) | Senior Girls |
| 6:30 | Triple Jump (South Pit) | Novice Boys |
| 6:30 | Triple Jump (Lower Pit) | Junior Boys |
| 6:30 | Triple Jump (North Pit) | Senior Boys |

|  |  |  |
| --- | --- | --- |
| **Time** | **Event** | **Divison** |
| 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 |

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| --- | --- | --- |
| **Time** | **Event** | **Divison** |
| 11:00am | Discus | Senior Boys |
| 1:00pm | Discus | Junior Boys |
| 2:30pm | Discus | Novice Boys |
| 3:30pm | Discus | Senior Girls |
| 4:30pm | Discus | Novice Girls |
| 5:45pm | Discus | Junior Girls |

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| --- | --- | --- |
| **Time** | **Event** | **Divison** |
| 11:00am | Javelin | Junior Boys |
| 12:30pm | Javelin | Novice Boys |
| 1:45pm | Javelin | Senior Boys |
| 3:30pm | Javelin | Junior Girls |
| 5:00pm | Javelin | Novice Girls |
| 6:00pm | Javelin | Senior Girls |

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