



NORTH POCONO TROJAN INVITATIONAL 5PM FRIDAY, APRIL 21, 2023

The order of events are as followed:

ORDER OF EVENTS

On the track: (Girls, then Boys) 5 pm start (All times are final)

3200 M Relay
100/110 Hurdles
100 M Dash
1600 M
400 M Relay
400 M
300 Hurdles
800 M
200 M Dash
3200 M
1600 M Relay

ORDER OF EVENTS

In the field: 5 pm start with boys discus & girls javelin

Boys—Discus	Girls—Javelin
Boys-Javelin	Girls—Discus
Boys—Shot put (under lights)	Girls— Shot put (under lights)

Jumps: 5 pm start with boys pole vault, girls high jump, and boys & girls long jump (open pit during posted times)

Boys/Girls— Long jump (**open pit, 5:00 - 6:15**)
Boys—Pole vault Girls—High jump

Boys/Girls – Triple Jump (**open pit, 6:15 - 7:30**)
Boys– High Jump Girls—Pole Vault