

Norfolk Invite- Friday, April 19th, 2019

The bus leaves at 6:30 a.m. Please make sure that you are here no later than 6:15 a.m. We will provide some light snack food for you during the day and we will get you supper on the way home. This is meet has a storied tradition and some of the toughest competition we see during the season. Make the most of this opportunity as we move toward the championship part of our season. #trusttheprocess

| Field Event | Athlete | Athlete | Athlete |
|---|---|----------------|----------------|
| 10:00 am Girls Pole Vault (East Pit) | Kelley | Burdick | Mueller |
| 10:00 am Boys Pole Vault (West Pit) | Moon | Clark | Z Link |
| 10:00 am Boys High Jump (South Pit) | Borchers | Paulson | P. Johnson |
| 10:00 am Girls High Jump (North Pit) | Immeker | Hayes | |
| 10:00 am Boys Long Jump (West Pit) | Karpen | Paulson | P. Johnson |
| 10:00 am Girls Long Jump (East Pit) after the unified long jump | Hayes | Immeker | Blogg |
| 10:00 am Boys Discus | Batt | B. Kohls | Amato |
| 10:00 am Girls Shot Put | Greer | Dicus | Denevan |
| Boys Triple Jump following Boys Long Jump | Borchers | Karpen | Moon |
| Girls Triple Jump following Girls Long Jump | Immeker | Fields | Pancich |
| Girls Discus following Boys Discus | Dicus | Greer | Denevan |
| Boys Shot Put following Girls Shot Put | Dwyer | B. Kohls | Amato |
| Running Events- times are approximate | Athlete | Athlete | Athlete |
| 11:30 am Girls 4 x 800 relay finals | NO ENTRY | | |
| 11:45 am Boys 4 x 800 relay finals | Dannenbring, Jaimes, Roggenbuck, Ferri Alt. Stanton | | |
| 12:05 pm Girls 100m Hurdles prelims | Hemenway | Krause | A. Madison |
| 12:15 pm Boys 110m Hurdles prelims | Zwiefel | Howell | Stone |
| 12:30 pm Girls 100m Dash prelims | Roggenbuck | Kelley | Nelson |
| 12:40 pm Boys 100m Dash prelims | Hughes | Feldkamp | VanderVelde |
| 12:50 pm Girls 400m Dash finals | Grismer | Thorstenson | Giblin |
| 1:00 pm Boys 400m Dash finals | Fleming | Boll | Mix |
| 1:10 pm Girls 3200m Run finals | D. Howard | M. Howard | |
| 1:25 pm Boys 3200m Run finals | Reese | Woolridge | J. Johnson |
| 1:40 pm Girls 200m Dash prelims | Roggenbuck | Nelson | Blogg |
| 1:50 pm Boys 200m Dash prelims | Hughes | Large | Mix |
| BREAK | | | |
| 3:00 pm Girls 100m Hurdles finals | | | |
| 3:05 pm Boys 110m Hurdles finals | | | |
| 3:10 pm Girls 100m Dash finals | | | |
| 3:10 pm Boys 100m Dash finals | | | |
| 3:15 pm Girls 800m Run finals | Espino | Weigelt | Thorstenson |
| 3:25 pm Boys 800m Run finals | Dannenbring | Roggenbuck | Stanton |
| 3:30 pm Girls 300m Hurdles finals | Hemenway | Krause | A. Madison |
| 3:40 pm Boys 300m Hurdles finals | Zwiefel | Fleming | Howell |
| 3:50 pm Girls 200m Dash finals | | | |
| 3:55 pm Boys 200m Dash finals | | | |
| 4:00 pm Girls 1600m Run finals | Geurts | Weiland | Martinez |
| 4:10 pm Boys 1600m Run finals | Jaimes | Ferri | Reese |
| 4:15 pm Girls 4 x 100m Relay finals | Hemenway, Kelley, Giblin, Hayes | | |
| 4:25 pm Boys 4 x 100m Relay finals | Hughes, Feldkamp, Large, VanderVelde | | |
| 4:30 pm Girls 4 x 400m Relay finals | Grismer, Geurts, Roggenbuck, Nelson | | Alt. Espino |
| 4:40 pm Boys 4 x 400m Relay Finals | Boll, Dannenbring, Fleming, Roggenbuck | | |