

2008 Summer All-Comers Track & Field Meets

6:30 p.m. on alternating Monday evenings at the College of Mt. St. Joseph and Withrow High
Free events open to everyone regardless of age or ability

6/9

Week 1 College of Mt. St. Joseph

Shot Put (3 puts, top six get a 4th put), girls shot first followed by guys

Discus Throw (3 throws, top six get a 4th throw), guys discus first followed by girls

Pole Vault, sexes together

High Jump, sexes together

Long Jump (3 jumps, top six get a 4th jump), girls first, followed by guys

120 (100) Hurdles

100

Mile (run events and walk event)

400 relay (endless participants)

1600m relay (4x400)

6/16

Week 2 Withrow High School

Shot Put (3 puts, top six get a 4th put), girls shot first followed by guys

Discus Throw (3 throws, top six get a 4th throw), guys discus first followed by girls

Pole Vault, sexes together

High Jump, sexes together

Long Jump (3 jumps, top six get a 4th jump), girls first, followed by guys

120 (100) Hurdles

100

Mile (run events and walk event)

400 relay (endless participants)

1600m relay (4x400)

6/23

Week 3 College of Mt. St. Joseph

Shot Put (3 puts, top six get a 4th put), girls shot first followed by guys

Discus Throw (3 throws, top six get a 4th throw), guys discus first followed by girls

Pole Vault, sexes together

High Jump, sexes together

Long Jump (3 jumps, top six get a 4th jump), girls first, followed by guys

300 Hurdles

200

800

400 relay (endless participants)

2 mile

6/30

Week 4 Withrow High School

Shot Put (3 puts, top six get a 4th put), girls shot first followed by guys

Discus Throw (3 throws, top six get a 4th throw), guys discus first followed by girls

Pole Vault, sexes together

High Jump, sexes together

Long Jump (3 jumps, top six get a 4th jump), girls first, followed by guys
300 Hurdles
200
800
400 relay (endless participants)
2 mile

7/7

Week 5 College of Mt. St. Joseph
Shot Put (3 puts, top six get a 4th put), girls shot first followed by guys
Discus Throw (3 throws, top six get a 4th throw), guys discus first followed by girls
Pole Vault, sexes together
High Jump, sexes together
Long Jump (3 jumps, top six get a 4th jump), girls first, followed by guys
120 (100) Hurdles
100
Mile (run events and walk event)
1600m relay (4x400)
5k run

7/14

Week 6 Withrow High School
Shot Put (3 puts, top six get a 4th put), girls shot first followed by guys
Discus Throw (3 throws, top six get a 4th throw), guys discus first followed by girls
Pole Vault, sexes together
High Jump, sexes together
Long Jump (3 jumps, top six get a 4th jump), girls first, followed by guys
120 (100) Hurdles
100
Mile (run events and walk event)
1600m relay (4x400)
2 person 4 mile relay (alternating 400s)