

Billings West Track and Field
Yellowstone Bank Frosh Meet
 Frosh Meet

12:00 (Rolling Schedule):

Fastest heat will run first

110 Meter Hurdles	B	(2 heats)
100 Meter Hurdles	G	(4 heats)
100 Meter Dash	B	(8 heats)
100 Meter Dash	G	(6 heats)
1600 Meter Run	B	(2 heats)
1600 Meter Run	G	(1 heats)
400 Meter Relay	B	(2 heats)
400 Meter Relay	G	(1 heat)
400 Meter Dash	B	(6 heats)
400 Meter Dash	G	(5 heats)
300 Meter Hurdles	B	(3 heats)
300 Meter Hurdles	G	(3 heats)
800 Meter Run	B	(2 heats)
800 Meter Run	G	(2 heats)
200 Meter Run	B	(6 heats)
200 Meter Run	G	(6 heats)
3200 Meter Run	B/G	(1 heat B/G combined)
1600 Meter Relay	B	(2 heats)
1600 Meter Relay	G	(1 heat)

Field Events: Athletes are given 3 throws/jumps. Pole vault and high jump 3 attempts per height. *Due to the length of the meet and multiple event athletes, we will not have finals. No flights for the field events, the event judge will have an alphabetical list so they can check in and out as needed to do track events*

SCRATCHES/FOULS WILL NOT BE MEASURED

12:00

Boys

Triple Jump
 Shot put
 Javelin
 High Jump

Girls

Triple Jump
 Discus
 Pole Vault

1:30 pm

Discus
 Long Jump
 Pole Vault

Shot Put
 High Jump
 Javelin
 Long Jump