

WINTER MEET SCHEDULE - DATES, TIMES, PLACES & ORDER OF EVENT

All Meet Entries on Milesplit.com by Friday 10:00pm; NO relay names unless specified.

At all venues hurdles/Dash; more than 25 entered, two heat final

MEET #1	Lehigh University (spikes allowed)	
SATURDAY, DECEMBER 15th, 2018	200m / lap	Division I 8:30 AM Division II 12:30 PM
* Frosh/Soph-4 X 800m Relay		
1. 60 Hurdles 2 athletes		11. 4 X 400m Relay
2. 60 Dash 2 athletes	6. Mile Run	12. Shot Put
3. 200m	7. 3000m Run	13. High Jump
60 dash/hurd finals	8. 4 X 800m Relay	14. Long Jump
4. 400m	9. Distance Medley Relay	15. Triple Jump
5. 800m	10. 4 X 200m Relay	16. Pole Vault

MEET #2	Lehigh University (spikes allowed)	(athletes may run in two events,)
SATURDAY, DECEMBER 22nd, 2018	200m / lap	BOTH Division I & II 8:30 AM
* Frosh/Soph-4 X 200m Relay		
1. 60 Hurdles 2 athletes		11. 4 X 400m Relay
2. 60 Dash	6. Mile Run	12. Shot Put
3. 200m 2 athletes	7. 3000m Run	13. High Jump
60 dash/hurd finals	8. 4 X 800m Relay	14. Long Jump
4. 400m	9. Distance Medley Relay	15. Triple Jump
5. 800m	10. 4 X 200m Relay	16. Pole Vault

Wednesday, December 26th 2018, The RJBIC Meet Lehigh University (spikes allowed)

MEET #3	Lehigh University (spikes allowed)	
SATURDAY, DECEMBER 29th, 2018	200m / lap	BOTH Division I & II 8:30 AM
* Frosh/Soph-4x400m Relay		
1. 60 Hurdles 2 athletes		11. 4 X 400m Relay
2. 60 Dash	6. Mile Run	12. Shot Put
3. 200m	7. 3000m Run	13. High Jump
60 dash/hurd finals	8. 4 X 800m Relay	14. Long Jump
4. 400m	9. Distance Medley Relay	15. Triple Jump
5. 800m - 2 athletes	10. 4 X 200m Relay	16. Pole Vault

MEET #4	Lehigh University (spikes allowed)	
SATURDAY, JANUARY 5th, 2019	200m / lap	Division II 8:30 AM Division I 12:30 PM
* Frosh/Soph- DMR Relay		
1. 60 Hurdles 2 athletes		11. 4 X 400m Relay
2. 60 Dash	6. Mile Run - 2 athletes	12. Shot Put
3. 200m	7. 3000m Run	13. High Jump
60 dash/hurd finals	8. 4 X 800m Relay	14. Long Jump
4. 400m	9. Distance Medley Relay	15. Triple Jump
5. 800m -	10. 4 X 200m Relay	16. Pole Vault

MEET #5	Lehigh University (spikes allowed)	(athletes may run in two events,)
SUNDAY, JANUARY 13th, 2019	200m / lap	BOTH Division I & II 8:30 AM
* Frosh/Soph-4x800m Relay		
1. 60 Hurdles 2 athletes		11. 4 X 400m Relay
2. 60 Dash	6. Mile Run	12. Shot Put
3. 200m	7. 3000m Run - 2 athletes	13. High Jump
60 dash/hurd finals	8. 4 X 800m Relay	14. Long Jump
4. 400m	9. Distance Medley Relay	15. Triple Jump
5. 800m	10. 4 X 200m Relay	16. Pole Vault

MEET #6	Glen Mills (NO SPIKES ALLOWED or shoes that except SPIKES)	
SATURDAY, JANUARY 19th, 2019	200m / lap	Div. I 7:30AM

*** Frosh/Soph 4X200m Relay**

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|---|--------------------|
| 1. 55 Hurd. 2 athletes & 55 dash no finals | 6. 3000m Run |
| 2. 200m | 7. 4 X 800m Relay |
| 3. 400m - 2 athletes | 8. (NO DMR) |
| 4. 800m | 9. 4 X 200m Relay |
| 5. Mile run | 10. 4 X 400m Relay |

Div. II 10:30AM

- 11. Pole Vault - 2 athletes
- 12. Long Jump (No Triple jump)
- 13. High Jump - 2 athletes
- 14. Shot Put - 2 athletes

MEET #7

Glen Mills

(NO SPIKES ALLOWED or shoes that except SPIKES)

SATURDAY, JANUARY 26th, 2019

200m / lap

Div. II 7:30AM

*** No Frosh/Soph Relay**

Div. I 10:30AM

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|---|--------------------|
| 1. 55 Hurd. 2 athletes & 55 dash no finals | 6. 3000m Run |
| 2. 200m | 7. 4 X 800m Relay |
| 3. 400m | 8. Distance Medley |
| 4. 800m | 9. 4 X 200m Relay |
| 5. Mile run | 10. 4 X 400m Relay |

- 11. Pole Vault - 2 athletes
- 12. Triple Jump (No Long jump)
- 13. High Jump - 2 athletes
- 14. Shot Put - 2 athletes

MEET #8

Lehigh University

(spikes allowed)

(athletes may run in two events,)

SATURDAY, February 2nd, 2019 (spikes allowed) 200m / lap

Division I 8:30 AM

*** Frosh/Soph-4x400m Relay**

Division II 12:30 PM

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|----------------------------|--------------------------|
| 1. 60 Hurdles - 2 athletes | 6. Mile Run |
| 2. 60 Dash | 7. 3000m Run |
| 3. 200m | 8. 4 X 800m Relay |
| 60 dash/hurd finals | 9. Distance Medley Relay |
| 4. 400m | 10. 4 X 200m Relay |
| 5. 800m - 2 athletes | |

- 11. 4 X 400m Relay
- 12. Shot Put
- 13. High Jump
- 14. Long Jump
- 15. Triple Jump
- 16. Pole Vault

MEET #9

NOVICE MEET Westtown HS

Wednesday, February 6th, 2019

160m lap

Div. I & II 6:30 PM to 10:00 PM

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|---------------|-----------------------------|
| 1. 55 Hurdles | 6. Mile Run |
| 2. 55 Dash | 7. 4 X 800m Relay |
| 3. 200m | 8. Sprint Med Relay 2,1,1,5 |
| 4. 400m | 9. 4 X 160m Relay |
| 5. 800m | 10. 4 X 320m Relay |

- 11. Shot Put
- 13. High Jump
- * Events not listed would be contested at Lehigh

MEET #10

Last Chance Meet Lehigh University

(spikes allowed)

FRIDAY, February 8th, 2019

200m / lap

Division I & II 6:30 PM

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|--------------------------|------------------------|--------------------------------|
| 1. 4 X 200m Relay | 7. 60 Hurdles - Finals | 13. 4 X 400m Relay |
| 2. Distance Medley Relay | 8. 60 Dash - Finals | 14. Shot Put |
| 3. 60 HH - Trials | 9. 800m | 15. Pole Vault |
| 4. 60 Dash - Trials | 10. 200m | 16. High Jump |
| 5. Mile Run | 11. 3000m Run | 17. Long Jump |
| 6. 400m | 12. 4 X 800m Relay | 18. Triple Jump (to follow LJ) |

MEET #11

54th MEET OF CHAMPIONS Lehigh University

(spikes allowed)

SAT. FEBRUARY 16th, 2019

200m / lap

Division I & II

Enter at 9:00 am: **Long Jump starts at 9:30am;** all other events at 10:00 AM

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|--------------------------|------------------------|---------------------------------------|
| 1. 4 X 200m Relay | 7. 60 Hurdles - Finals | 13. 4 X 400m Relay |
| 2. Distance Medley Relay | 8. 60 Dash - Finals | 14. Shot Put |
| 3. 60 HH - Trials | 9. 800m | 15. Pole Vault |
| 4. 60 Dash - Trials | 10. 200m | 16. High Jump |
| 5. Mile Run | 11. 3000m Run | 17. Long Jump starts at 9:30am |
| 6. 400m | 12. 4X800m Relay | 18. Triple Jump (to follow LJ) |