

# 2024 Kingswood Middle School Invitational

at the Nick in Wolfeboro NH

Wednesday – May 8<sup>th</sup>

(updated – May 7<sup>th</sup>)

4:00 PM	Boys Shot Put	followed by Girls
	Girls Discus Throw	followed by Boys
	Boys Javelin Throw	followed by Girls
	Girls Long Jump	followed by Boys
	Boys High Jump	followed by Girls

All field events with multiple flights will be run worst to best

4:30 PM	Girls 100m Hurdle - Sections	followed by Boys
	Girls 100m Dash - Sections	followed by Boys
	Girls 1600m Run	followed by Boys
	Girls 4x100m Relay	followed by Boys
	Girls 400m Run	followed by Boys
	Girls 200m Dash	followed by Boys
	Girls 800m Run	followed by Boys
	Girls 4x400m Relay	followed by Boys

All running events will be contested sections on time running slowest to fastest