

Source: http://www.ossaa.com/partners/ossaa/sports/track/track_rule7.html

VII. Invitational Meet (Timed Finals) There is still a major concern of the loss of school time for invitational track meets being held during school week. We encourage you to schedule the invitational meets on Saturday as much as possible. Also, our track coaches advisory committee has recommended the following format for invitational timed finals meets which would reduce the amount of time required to complete an invitational meet.

TIMED FINALS MEET

400 Meter Relay	Girls	Boys
3200 Meter Relay	Girls	Boys
100 Meter Hurdles	33"	Girls
110 Meter Hurdles	39"	Boys
3200 Meter Run	Boys	
800 Meter Relay	Girls	
800 Meter Run	Girls	Boys
100 Meter Dash	Girls	Boys

PROPOSED BREAK

3200 Meter Run	Girls	
400 Meter Dash	Girls	Boys
300 Meter Hurdles	30"	Girls
300 Meter Hurdles	36"	Boys
200 Meter Dash	Girls	Boys
1600 Meter Run	Girls	Boys
1600 Meter Relay	Girls	Boys