

2019 JH NWC Championship Meet

4:15 pm Boys Shot Put (4 attempts)
 Girls Discus (4 attempts)
 Boys High Jump
 Girls Pole Vault
 Long Jump -boys and girls open pit (4 attempts)

5:15 G 100m Hurdles
 B 110m Hurdles
 G 100m dash
 B 100m dash
 G 1600m run
 B 1600m run
 G 4x100 relay
 B 4x100 relay
 G 400m dash
 B 400m dash
 G 4x200 relay
 B 4x200 relay
 G 200m hurdles
 B 200m hurdles
 G 800m run
 B 800m run
 G 200m dash
 B 200m dash
 G 4x400 relay
 B 4x400 relay

All running events are TIMED FINALS. Top 8 in each event will score.