

JH KMAC @ Fredericktown HS

9:15 Shot and Disc weigh ins at Barn

Coaches mtg

10:00 Field Events

Shot: Boys then girls (4 throws; No finals)

Discus: Girls, then boys (4 throws; No finals)

Long Jump: Open Pit Boys and Girls (4 jumps; No finals)

High Jump: Girls then boys

PV: Combined

Finals beginning approx. 11:30: Slow to fast heats, no prelims

Girls 100m Hurdles

Boys 110m Hurdles

Girls 100m Dash

Boys 100m Dash

Girls 1600m Run

Boys 1600m Run

Girls 4x100 Relay

Boys 4x100 Relay

Girls 400m Dash

Boys 400m Dash

Girls 4x200 Relay

Boys 4x200 Relay

Girls 200m Hurdles

Boys 200m Hurdles

Girls 800m Run

Boys 800m Run

Girls 200m Dash

Boys 200m Dash

Girls 4x400 Relay

Boys 4x400 Relay