

JV MAC-COUNTY Championships

May 14, 2019

Order of events/ Time Schedule: *(Girls 1st in all Running events)*

- 3:15 pm** Coaches Meeting
- 3:30 pm** Field Events: Girls 1st in High Jump, Shot Put,
Boys 1st in Discus, Long Jump, Pole Vault
- SP/Disc/LJ: 3 attempts, top 7 go to finals for 3 attempts
- High Jump: Boys start at 4' 9" > 5' 0" > 5' 2" > 5' 4"
Girls start at 3' 9" > 4' 0" > 4' 2" > 4' 4"
- Pole Vault: Boys start at 7' 0" > 7' 6" > 8' 0" > 8' 6" then 6" raises;
Girls start at 5' 0" > 5' 6" > 6' 0" > 6' 6" then 6" raises
- 3:30 pm** 5000m on the Track (Coaches keep lap splits) *WILL RUN GIRLS AND BOYS TOGETHER
High Hurdles (Timed Finals)
100m dash (Timed Finals)
4 x 200m Relay
1600m Run
4 x 100m Relay
400m Dash
300m Hurdles
800m Run
200m Dash (Timed Finals)
4 x 400m Relay
- Trophy & Medal Presentation

We will be on a rolling time schedule and run ahead if possible!