JV #2

2pm Start - Echo Park

Track Events
100 Meter Dash
800 Meter Run
4x100 Relay
300 Int. Hurdles
200 Meter Dash
3200 Meter Run
4x400 Relay

Field Events - They will run flights this week, NO OPEN PITS!
Shot Put - Girls first
Discus - Boys first
High Jump - Girls first
Long Jump - Girls first
Triple Jump - Boys first
Pole Vault - Girls first

Girls 100m: arrive by 1:15pm
Boys 100m: arrive 1:30pm (slower heats) **to 1:45pm** (faster heats)
If you are in a later event or a field event, speak w/ your event coach about arrival times