**JV Champs – 2023 Wednesday, May 3**

**Heritage High School**

**Field – 3:30pm**

**Running Events - 3:30pm**

Coaches Meeting 3:15 p.m. at Starting Line

FIELD EVENTS:

3:30pm

• Triple Jump Girls

• Long Jump Boys

• Shot Put Girls

• High Jump Boys

• Pole Vault Girls

• Discus Boys

Followed by:

• Long Jump Girls

• Triple Jump Boys

• Discus Girls

• Pole Vault Boys

• High Jump Girls

• Shot Put Boys

RUNNING EVENTS Rolling Schedule girls/boys, slowest/fastest:

3:30pm

• Sprint Medley (1-1- 2-4) Girls

• 4x800m

• 100mH

• 110mH

• 100m

• 4x200m

• 1600m

• 4x100m

• 400m

• 300mH

• 800m

• 200m

• 3200m

• 4x400m