

LANGDON JR. HIGH AND GRADE TRACK MEET

TUESDAY – MAY 8TH. – 2018

SCHEDULE OF EVENTS

3:45 COACHES MEETING (PRESS BOX)

4:00 TO 5:30 FIELD EVENTS

*(3 THROWS/JUMPS – NO FINALS)

- HIGH JUMP-GIRLS-(JH-6-5)
- *LONG JUMP-GIRLS(ALL JH-6-5)
- *TRIPLE JUMP – BOYS - (JH)
- *SHOT PUT – BOYS – (ALL JH-6-5)
- *DISCUS – GIRLS – (JH)
- POLE VAULT – BOYS & GIRLS – (JH)
- *SOFTBALL THROW – (BOYS 6 – 5)

5:30 TO 7:00

- HIGH JUMP – BOYS – (JH-6-5)
- *LONG JUMP – BOYS– (ALL JH-6-5)
- *TRIPLE JUMP – GIRLS – (JH)
- *SHOT PUT – GIRLS – (ALL JH-6-5)
- *DISCUS – BOYS – (JH)
- *SOFTBALL THROW – (GIRLS 6 – 5)

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4:30 RUNNING EVENTS (GIRLS WILL RUN FIRST)

- 200 HURDLES (JH)
- 100 DASH (JH– 6 – 5)
- 800 RELAY (JH)
- 1600 RUN (JH)
- 400 RELAY (JH – 6 – 5)
- 400 DASH (JH -6 -5)
- 100 / 110 HURDLES (JH)
- 800 RUN (JH – 6 – 5)
- 200 DASH (JH – 6 – 5)
- 1600 RELAY (JH)