

2021 JH Practice Meet

February 25, 2021

4:00 1st Round Field Events

3 attempts on all Field Events

2400 M Run All Divisions

TIME	4:00	4:30	5:00	5:30
Discus	8B	8G	7B	7G
Shot	8G	8B	7G	7B
Long Jump	7B	7G	8B	8G
Triple Jump	7G	7B	8G	8B
High Jump	8B	8G	7B	7G
Pole Vault	7 & 8 B		7 & 8 G	

6:15 400M Relay

800M Run

100M Hurdles

110M Hurdles

100 M Dash

800M Relay

400 M Dash

300M Hurdles

200M Dash

1200M Run

1600M Relay