

9:15 AM - Coaches Meeting

Final scratches can be made at the coaches meeting. Unverified improvements in times will not be permitted at the coaches meeting. You can email any improvements or changes to garrett.collin@jccentral.org by NOON on Wednesday, May 6th.

10:00 AM - Field Events

Girls Discus *followed by* Girls Shot Put

Boys Shot Put *followed by* Boys Discus

Girls Long Jump *followed by* Boys Long Jump

Boys Triple Jump *followed by* Girls Triple Jump

Girls High Jump *followed by* Boys High Jump

Boys Pole Vault *followed by* Girls Pole Vault

Unified Events @ 11:00 (long jump followed by shot put followed by 100m dash followed by 4x100 relay).

1:00 PM - Running Events

3200 Meter Relay - *Girls Finals*

3200 Meter Relay - *Boys Finals*

100 Meter Hurdles - *Girls Prelims*

110 Meter Hurdles - *Boys Prelims*

100 Meter Dash - *Girls Prelims*

100 Meter Dash - *Boys Prelims*

400 Meter Dash - *Girls Finals*

400 Meter Dash - *Boys Finals*

3200 Meter Run - *Girls Finals*

3200 Meter Run - *Boys Finals*

200 Meter Dash - *Girls Prelims*

200 Meter Dash - *Boys Prelims*

Break

100 Meter Hurdles - *Girls Finals*

110 Meter Hurdles - *Boys Finals*

100 Meter Dash - *Girls Finals*

100 Meter Dash - *Boys Finals*

800 Meter Run - *Girls Finals*

800 Meter Run - *Boys Finals*

300 Meter Hurdles - *Girls Finals*

300 Meter Hurdles - *Boys Finals*

200 Meter Dash - *Girls Finals*

200 Meter Dash - *Boys Finals*

1600 Meter Run - *Girls Finals*

1600 Meter Run - *Boys Finals*

400 Meter Relay - *Girls Finals*

400 Meter Relay - *Boys Finals*

1600 Meter Relay - *Girls Finals*

1600 Meter Relay - *Boys Finals*

****We will use both place and times to determine finalists****