

# POJO RELAYS

MARCH 24, 2022

## TIME SCHEDULE

7:15 COACHES MEETING (In Home Locker Room)

8:00 3200 JV, VG, JVB, VB

8:30 BOYS FIELD EVENTS

SHOT PUT	JV, VARSITY
DISCUS	Varsity, JV
LONG JUMP	JV, Varsity
TRIPLE JUMP	Varsity, JV
HIGH JUMP	JV, Varsity
POLE VAULT	JV, Varsity

9:00 GIRLS RUNNING FINALS

1:00 GIRLS FIELD EVENTS (or 45 minutes after 4x4)

SHOT PUT	Varsity, JV
DISCUS	JV, Varsity
LONG JUMP	JV, Varsity
TRIPLE JUMP	Varsity, JV
HIGH JUMP	JV, Varsity
POLE VAULT	JV, Varsity

1:00 BOYS RUNNING FINALS (or 45 minutes after girls 4x4)

RUNNING FINALS WILL RUN IN THE FOLLOWING ORDER JV, VARSITY

4 X 100 RELAY  
800 DASH  
100-110 HURDLES  
100 DASH  
4 X 200 RELAY  
400 DASH  
300 INT. HURDLES  
200 DASH  
1600 RUN  
4 X 400 RELAY