

JA Relays

Tuesday, April 11, 2023

*Coaches meeting at 8:00 am in the JA tent on the infield.

**Please have 1 coach per school available to help with field events.

JA
Jackson Prep
MRA
Hartfield
Oak Forest
Madison St. Joe

Starkville
Riverfield
Simpson
Park Place
Central Hinds
Lamar

Time	Field Events	Time	Running Events
8:30	JH Girls, & Varsity Girls Pole Vault	11:00	Varsity Girls 3200
	JH Boys High Jump	11:20	JH Girls, Boys and Varsity Girls 3200 Relay
	Varsity Girls Long Jump	12:30	300 Hurdles
	JH Girls Shot Put	1:05	800 Relay
	Varsity Boys Discus	1:40	Varsity Boys 3200 Relay
	JH Girls Triple Jump	2:10	400 Relay
9:30	Varsity Boys & JH Boys Pole Vault	2:40	100/110 Hurdles
	Varsity Girls High Jump	3:10	100 Meters
	JH Boys Long Jump	3:40	1600 Meters
	Varsity Girls Shot Put	4:30	400 Meters
	JH Girls Discus	5:00	800 Meters
	Varsity Boys Triple Jump	5:30	200 Meters
10:30	JH Girls Long Jump	6:00	Varsity Boys, Jr High Boys 3200 Run
	Varsity Boys High Jump	6:30	1600 Meter Relay
	JH Boys Shot Put		
	Varsity Girls Discus		
	Varsity Girls Triple Jump		
11:30	Varsity Boys Long Jump		
	JH Girls High Jump		
	JH Boys Triple Jump		
	JH Boys Discus		
	Varsity Boys Shot Put		

3 Throws and Jumps

