

# 2023 OVAC Junior High Championship Schedule



Thursday, May 4

**(Note: All Poles must be checked in by 3:30pm, and throwing implements must be checked in by 3:45pm)**

4:00 PM

Discus  
Long Jump  
Pole Vault  
Shot Put  
High Jump

## **Session 1**

Boys followed by Girls  
Boys followed by Girls  
Boys followed by Girls  
Girls followed by Boys  
Girls followed by Boys  
Girls followed by Boys

4:00 PM

4 x 800 Meter Relay

## **Session 2**

**(Note: Track events shall be Girls followed by Boys)**

5:00 PM

100/110 Meter High Hurdles  
100 Meter Dash  
4 x 200 Meter Relay  
1600 Meter Run  
4 X 100 Meter Relay  
400 Meter Dash  
200 Meter Hurdles  
800 Meter Run  
200 Meter Dash  
4 x 400 Meter Relay

