

Ponca JH Meet (May 1)

Order of Events

12:00pm

Shotput Girls/Boys

Discus Boys/Girls

High Jump Girls/Boys

Long Jump Boys/Girls

Triple Jump Girls/Boys

Pole Vault Boys/Girls

2:00pm (will start sooner if possible)

Running events will be girls followed by boys

Sprint Medley Relay
(100-100-200-400)

Girls 100 hurdles

Boys 100 hurdles (33")

100

1600

400

200 hurdles

200

800

4x100 relay

4x400 relay