

Cedar JV Track and Field Meet

3/26/2019

4:00 PM Start (Rolling Schedule)

Running Events (Girls first followed by Boys)

1600 Meters
100 Meters Hurdles
110 Meters Hurdles
100 Meters Dash
4 x 100 Meters Relay
400 Meters
300 Meters Hurdles
800 Meters Run
Medley Relay
200 Meters
3200 Meters
4 x 400 Meters Relay

4:00 PM Start

Field Events

Boys Javelin and then Girls Javelin
Girls Discus and then Boys Discus
Boys Shot Put and then Girls Shot
Girls & Boys Long Jump Open Pit
Girls & Boys High Jump Together (Boys please don't attempt until bar is at 4'10)