



## Track and Field -JV #3

2pm Start Time

\$5 Entrance Fee for All Spectators

### Track Events

100/110 High Hurdles

4x200 Relay

1600 Meter Run

4x100 Relay

400 Meter Dash

300 Hurdles

800 Meter Run

200 Dash

### Field Events

Shot Put G: Mt Vista

Shot Put B: Thunder Ridge

Discus B: Ponderosa

Discus G: Legend

Long Jump G: Regis

Long Jump B: Rock Canyon

Triple Jump B: Heritage

Triple Jump G: Douglas County

High Jump B: Highlands Ranch    High Jump G: Thunder Ridge

Pole Vault – Castle View Regis G/B

Starter/Clerk/Hurdle Crew – Rock Canyon/Legend

