



JR HIGH TRACK DUAL
Randolph/L-C/C
April 9, 2015 at Randolph
3:00 p.m.



Order of Field Events: Starting at 3:00 p.m.

3 trials in High Jump, Triple Jump and Long Jump, No finals

4 trials in Shot and Discus, No finals

Shot - Boys followed by girls (Will be ran by Randolph)

Discus - Girls followed by boys (Will be ran by Laurel)

Long Jump - Boys followed by girls (Will be ran by Randolph)

Triple Jump - Girls followed by boys (Will be ran by Randolph)

High Jump - Girls followed by boys (Will be ran by Laurel)

Order of Running Events: Starting as soon as field events are completed.

Girls 100 Meter Low Hurdles

Boys 110 Meter Low Hurdles

Girls 100 Meter Dash

Boys 100 Meter Dash

Girls 800 Meter Run

Boys 800 Meter Run

Girls 195 Meter Hurdles

Boys 195 Meter Hurdles

Girls 400 Meter Run

Boys 400 Meter Run

Girls 200 Meter Dash

Boys 200 Meter Dash

Girls 1200 Meter Run

Boys 1200 Meter Run

Girls 400 Meter Relay

Boys 400 Meter Relay

Girls 1600 Meter Relay

Boys 1600 Meter Relay