



**Randolph Junior High  
Track and Field Tri  
Tuesday, March 26 , 2024  
3:00 pm Events Begin  
Randolph, LCC, Winside**



**Schedule of Events  
Tuesday, March 26, 2024**

**2:30 Scratch/Add meeting**

**3:00 Field Events**

Shot Put.....Girls followed by boys  
Discus.....Boys followed by girls  
High Jump.....Boys followed by girls  
Long Jump.....Girls followed by boys  
Triple Jump.....Boys followed by girls

**4:00 or when field events are completed girls followed by boys**

100 Meter Hurdles(Girls)  
110 Meter Hurdles(Boys)  
800 Meter Run  
100 Meter Dash  
400 Meter Dash  
195 Hurdles  
200 Meter Dash  
1200 Meter Run  
400 Meter Relay  
1600 Meter Relay