

2023 Falcon Friday- February 24, 2022

(6 Teams)

Unlimited Entries and 2 relays per team

Coaches Meeting at 1:30pm

Field Events (Final- 3 attempts)

Long Jump (Boys & Girls) 2:30pm

Javelin (Girls Followed by Boys) 2:45 pm

High Jump (Girls Followed by Boys) 2:15pm

Shotput (Girls followed by Boys) 3:00pm

Pole Vault (Boys followed by Girls) 2:15pm

Discus (Boys Followed by Girls) 4:30pm (After school gets out)

Triple Jump (After Long Jump)

**Senior Night* 3:30pm*

Running Events 4:15pm

4x200m Relay 2pm

4x800 2:30pm

100m/110m Hurdles

100m

1600m

4x100

400m

400m Hurdles

800m

200m

3200m

4x400m Mixed

Entry Fee: \$125 for one team (Boy or Girls). \$200 for both teams (Boys & Girls).

Contact Coach Ronnell Ray for invite:

(904) 598-4104

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