



## **2025 Maroon & Gold Inner Squad Meet + Media Day**

**Friday- February 7th**

**Fully Automatic Timing by JACTiming- live results at Jactiming**

**Location: EPISCOPAL**

### **Schedule**

**3:45 Media Day- Individual + Team Picture**

**Athletes, please arrive promptly in uniform with plenty of layers to stay warm!**

**4:15 Coaches Meeting- Warm-ups**

**4:30 Javelin (Boys first, followed by Girls)**

**Pole Vault (Girls followed by Boys)**

**Long Jump(both runways being used)**

**High Jump (Boys first, followed by Girls)**

**Shot Put (Girls first, followed by Boys)**

### **Running Finals**

**5:30-60 Hurdles**

**5:40-60 m**

**5:55-1200m**

**6:15 300**

**6:40 300m Hurdles**

**6:55 600**

**7:10 150m**

**\*All Athletes will Participate in at least two events**

**Brief Team Meeting after Final Event & Team Cool Down**

**Athletes will be dismissed at roughly between 7:30-7:45**