



2024 Maroon & Gold
Friday- February 9th 2024
Fully Automatic Timing by jac timing

Location: EPISCOPAL 4455 Atlantic Blvd Jacksonville FL 32207

Schedule

3:45 Coaches Meeting & Team Warm-up

4:15

Javelin (Girls first, followed by Boys)
MS Long Jump (both runways being used)
High Jump (Boys first, followed by Girls)

4:45

Shot Put (Girls first, followed by Boys)
Long Jump (both runways being used)
Pole Vault

5:30 -Running Finals

60 Hurdles

60 m

1200 m

150 m

600m

300m Hurdles

300m

Athletes will Participate in 3-4 events
Brief Team Meeting after Final Event & Team Cool Down
Athletes dismissed roughly between 7:30-7:45