



2025 Maroon & Gold Inner Squad Meet + Media Day

Thursday- February 13th 2026

Fully Automatic Timing by JACTiming- live results at Jactiming

Location: EPISCOPAL

Schedule

3:45 Media Day- Individual + Team Pictures

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

Warm-up

4:30 Javelin (Girls first, followed by Boys) 2 throws only

Long Jump(both runways being used) 2 jumps only

High Jump (Boys first, followed by Girls) 2 misses only

Shot Put (Boys first, followed by Girls) 2 throws

Running Finals

5:15-60 Hurdles

5:30-60 m

5:45-1200m

6:05 300

6:35 200m Hurdles

6:45 600

7:00 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