

Monarch JV Track & Field Meet @ Centaurus H.S.

Friday April 23rd 3:30PM

Coaches will be timing their own athletes in all running events. We will run heats as fast as possible with the fast heat being first. Field events, Jumps will be smorgasbord style all jumpers will get 4 attempts with no finals. We would like to have all jumpers get their jumps in within an hour and a half, if possible. HJ will start at 4'0" for girls and 4'8" for guys. PV will start at 6'0" we will run girls and guys PV together. Shot and Disc will get 4 throws with no finals

3:30 Girls Shot Boys to follow
Boys Disc Girls to follow
Boys High Jump Girls to follow
Girls Long Jump Boys to follow
Boys Long jump Girls to follow
Girls and Guys PV

3:30 800m Medley Girls only (Girls will run first with boys to follow)
3200m relay
100/110m Hurdles
100m
800m relay
1600m
400m relay
400m
300m Hurdles
800m
200m
3200m
1600m relay

If you have any questions just send me an E-mail or call 720-480-6611, rkentrieder@aol.com

