

Longwood Track Classic – Saturday April 1, 2023 – Longwood High School

Races start at 9:30 – Medals to top 4 in each event

Bus will leave SJB at 8:00 – or arrive by the time listed for your first event

9:30am 110m High Hurdles:

1600m Run: arrive by 8:45

100m Dash: arrive by 9:00

400m Dash: arrive by 9:15

800m Run: arrive by 9:45

400m Intermediate Hurdles:

200m Dash: arrive by 10:15

3200m Run:

4x800m Relay:

4x100m Relay:

4x400m Relay: Alts Casey

FIELD EVENTS

9:30am Shot Put 43' and up – Shot Put 43' and under after

9:30am Discus 100 and under – Discus 100 and up after

9:30am Long Jump 19' and up – Long Jump 19' and under after

Triple Jump 40' and up after all long jumps - then Triple Jump 40' and under after

Two jumping pits – so both Long Jumps go first – then both triple jumps

9:30am High Jump starting at 5'2"
