

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

Races start at 2:00 – Medals to top 4 in each event

Bus will leave SJB at 12:00pm – or arrive by the time listed for your first event

2:00pm DMR

100m High Hurdles: **arrive by 1:00pm**

1500m Run: **arrive by 1:00pm**

100m Dash: **arrive by 1:15pm**

400m Dash: **arrive by 2:00pm**

800m Run: **arrive by 2:15pm**

400m Intermediate Hurdles: **arrive by 2:15pm**

200m Dash: **arrive by 2:45pm**

3000m Run:

4x800m Relay:

4x100m Relay:

4x400m Relay:

FIELD EVENTS

2:00pm Shot Put 30' and up – Shot Put 30' and under after

2:00pm Discus 70' and under – Discus 70' and up after

2:00pm Long Jump 15' and up – Long Jump 15' and under after

Triple Jump 30' and up after all long jumps – Triple Jump 30' and under after

2:00pm High Jump starting at 4'2"
