



## **EMAC JV Championships, 2022 Schedule**

### **TRACK EVENTS**

Coaches Meeting **1:00 PM** – Start/Finish line

#### **2:00 PM Start, Rolling Schedule**

Sprint Medley Relay (Girls only)

4x800m Relay

100m Hurdles

110m Hurdles

100m Dash

4x200m Relay

1600m Run

4x100m Relay

400m Dash

300m Hurdles

800m Run

200m Dash

3200m Run

4x400m Relay

### **FIELD EVENTS**

All field events will be three attempts, top 9 to finals.

#### **1:30 PM Start:**

Girls Discus, Boys Shot Put

Girls Triple Jump, Boys Long Jump

Boys High Jump

#### **3:30 PM Start:**

Girls Shot Put, Boys Discus

Girls Long Jump, Boys Triple Jump

Girls High Jump

#### **4:30 PM Start:**

Girls and Boys Pole Vault