

EMAC JV Meet
Wednesday March 15th
Hosted by: Northglenn High School

TEAMS

Teams scheduled to attend:

Brighton, Prairie View, Thornton, Westy

No timing system coaches will time their own athletes

No team score will be keep

Meet Schedule

3:15pm Coaches Meeting (mid field)

Field Events

3:30pm

Shot Put	Girls	Boys	Follow (Thornton to run event)
Discus	Boys	Girls	Follow (Northglenn to run event)
High Jump	Boys	Girls	Follow (Brighton to run event)
Long Jump	Girls	Boys	Follow (Westy to run event)
Triple Jump	Boys	Girls	Follow (Prairie View to run event)

Running Events

(Girls events will be run first)

3200m relay
100/110m Hurdles
100m
800m relay
1600m Dash
400m relay
400m Dash
300m Hurdles
800m
200m
3200m
1600m relay

Exchange zone judges

One Coach from each team will help out with all the relay exchange zones the meet will run quickly.