

JV Friends Meet #1

Date: Thursday, April 7
Place: Northwest High School
Teams: Northwest, Parkway Central, Rockwood Summit, St. Joseph Academy
Time: 4:15pm (probably ending around 6-6:30pm)
Level: JV

Events:

Running:
(Events will be rolling-one after another)

100m Hurdles
100m Dash
1600m run
4 x 100m Relay
400m Dash

Field:
(All field events begin at 4:15 and will close at the end of the meet)

High Jump
Long Jump
Pole Vault
Discus
Javelin