

Northwest Sectional Itinerary

Monday, May 23

6:15am-Athletes arrive at Northwest

6:30am-Bus leaves for Waynesville High School

8:30ish-Arrive at Waynesville High School

9:00am-Coaches Meeting

9:00-10:30am-Implement weigh-ins

Event time schedule:

10:00-11:30am-High jump (Carolyn)

10:45-11:45am-Discus (Liz)

12:00am-1:30pm-Triple Jump (Lily C.)

1:10pm-110m hurdles (Carolyn)

1:50pm-4 x 200m relay (Cami, Izzy, Kayla, Lily S., Maegan, Sam)

2:00-3:30pm-Long jump (Carolyn)

2:30-3:30pm-Javelin (Lexi)

3:10pm-400m Dash (Sam)

3:50pm-800m run (Cheer on Olivia Pearce)

4:00pm-Leave Waynesville for Northwest

6:00pm-Arrive at Northwest