

Jackson Academy Warm-up Meet

Lane Assignments @ Jackson Academy

March 10, 2010

Var. Girls/Jr. High Boys

3200 @ 12:00

1. JA
2. Prep
3. ERA
4. Heritage
5. Manchester
6. Benton
7. UCS/Mt.Salus
8. Tri-Co/Glenbrook

400 Relay @ 1:50

1. Manchester
2. Benton
3. UCS/Mt.Salus
4. Tri-Co/Glenbrook
5. JA
6. Prep
7. ERA
8. Heritage

400 @ 3:25

1. Tri-Co/Glenbrook
2. JA
3. Prep
4. ERA
5. Heritage
6. Manchester
7. Benton
8. UCS/Mt.Salus

1600 Relay @ 4:50

1. Benton
2. UCS/Mt.Salus
3. Tri-Co/Glenbrook
4. JA
5. Prep
6. ERA
7. Heritage
8. Manchester

300 Hurdles @ 12:40

1. Tri-Co/Glenbrook
2. JA
3. Prep
4. ERA
5. Heritage
6. Manchester
7. Benton
8. UCS/Mt.Salus

100/110 Hurdles @ 2:05

1. Heritage
2. Manchester
3. Benton
4. UCS/Mt.Salus
5. Tri-Co/Glenbrook
6. JA
7. Prep
8. ERA

800 @ 3:50

1. UCS/Mt.Salus
2. Tri-Co/Glenbrook
3. JA
4. Prep
5. ERA
6. Heritage
7. Manchester
8. Benton

800 Relay @ 1:00

1. UCS/Mt.Salus
2. Tri-Co/Glenbrook
3. JA
4. Prep
5. ERA
6. Heritage
7. Manchester
8. Benton

100 @ 2:30

1. ERA
2. Heritage
3. Manchester
4. Benton
5. UCS/Mt.Salus
6. Tri-Co/Glenbrook
7. JA
8. Prep

200 @ 4:10

1. Benton
2. UCS/Mt.Salus
3. Tri-Co/Glenbrook
4. JA
5. Prep
6. ERA
7. Heritage
8. Manchester

3200 Relay @ 1:25

1. Benton
2. UCS/Mt.Salus
3. Tri-Co/Glenbrook
4. JA
5. Prep
6. ERA
7. Heritage
8. Manchester

1600 @ 2:50

1. JA
2. Prep
3. ERA
4. Heritage
5. Manchester
6. Benton
7. UCS/Mt.Salus
8. Tri-Co/Glenbrook

3200 Run @ 4:30

1. Manchester
2. Benton
3. UCS/Mt.Salus
4. Tri-Co/Glenbrook
5. JA
6. Prep
7. ERA
8. Heritage

Field Events

9:30

- Jr. High & Varsity Pole Vault
- Jr. High Boys Triple Jump
- Varsity Girls Long Jump
- Varsity Boys High Jump
- Jr. High Girls Shot Put
- Varsity Boys Discus

10:10

- Varsity Girls Discus
- Jr. High Girls Long Jump
- Jr. High Boys Shot Put
- Varsity Girls High Jump
- Varsity Boys Triple Jump

10:50

- Jr. High Girls High Jump
- Jr. High Boys Long Jump
- Varsity Boys Shot Put
- Jr. High Girls Discus

11:30

- Varsity Boys Long Jump
- Varsity Girls Shot Put
- Jr. High Boys High Jump
- Jr. High Boys Discus

No unattached due to time
 3 Throws / 3 Jumps
 Top 6 get 3 more Throws/Jump