

Nacogdoches Junior High Invitational Meet Schedule
Rolling Schedule
February 22, 2021

2:00pm **Scratch Meeting**—Weight Room (Home side between bleachers and field house)

3:00pm **Field Events** **3 jumps/throws/attempts**

Triple Jump: 8B, 7B, 8G, 7G

Long Jump: 8G, 7G, 8B, 7B

High Jump: 7B, 7G, 8B, 8G

Shot Put: 8B, 7B, 8G, 7G

Discus: 8G, 7G, 8B, 7B

Pole Vault: 8B, 8G, 7B, 7G

All Running Events are Final and in this order (7G,8G,7B,8B)

3:15pm 2400m Run

5:15pm 4x100m Relay (**Gold**)

800m Run

100m Hurdles

110m Hurdles

100m Dash

4x200m Relay (**Red, Red, Gold**)

400m Run

300m Hurdles

200m Dash

1200m Run

4x400m Relay (**Blue**)

9:00pm **Pick-up Team All Packets at the end of the 8B 1600m Relay**