

GMC Coaches Freshman Championship

(Open only to GMC schools)

May 23, 2018 4:00PM

Old Bridge Track Complex (Sandburg Middle School)

Running Events 4:30PM

Boys first in all events

400 Hurdles

100 Trials (8 fastest to finals)

1600 Boys

100 Finals

1600 Girls

400

100 Hurdles

800

200

3200

4x400

Field Events 4:00PM

Long Jump (girls open pit 4:00 – 5:00, then boys 5:15 – 6:15)

Triple Jump (boys open pit 4:00 – 5:00, then girls 5:15 - 6:15)

High Jump (boys then girls) girls start at 4'0, boys at 5'0

Pole Vault (girls then boys) girls start at 6'0, boys at 8'0

Shot Put (girls then boys)

Discus (boys then girls)

Javelin (girls then boys)