SOUTH ZONE JUNIOR HIGH TRACK AND FIELD SCHEDULE - 2022

TIME	BANTAM GIRLS	BANTAM BOYS	MIDGET GIRLS	MIDGET BOYS	JUVENILE GIRLS	JUVENILE BOYS	TIME
9:00	**3000 M Final** High Jump	Discus	Javelin	Long Jump	Triple Jump	Shot Put	**9:00**
9:20			**3000 M Final**				9:20
9:40					**3000 M Final**		9:40
10:00		**3000MFinal**					10:00
10:15	Shot Put	Triple Jump	High Jump	Discus	Javelin	Long Jump	**10:15**
10:20				**3000M Final**			10:20
10:40						**3000M Final**	10:40
11:00	**Hurdle Finals**						11:00
11:05		**Hurdle Finals**					11:05
11:10			**Hurdle Finals**				11:10
11:15					**Hurdle Finals**		11:15
11:20				**Hurdle Finals**			11:20
11:25						**Hurdle Finals**	11:25
11:30	**100 M Heats**						11:30
11:35	Long Jump	Javelin	Shot Put **100M Heats**	Triple Jump	High Jump	Discus	**11:35**
11:40					**100 M Heats**		11:40
11:45		**100 M Heats**					11:45
11:50				**100 M Heats**			11:50
11:55						**100 M Heats**	11:55
12:00	**400 M Finals**						12:00
12:10			**400 M Finals**				12:10
12:20					**400 M Finals**		12:20
12:30		**400 M Finals** (2)					12:30
12:40				**400M Finals**			12:40
12:50	Discus	High Jump	Long Jump	Javelin	Shot Put	Triple Jump **400 M Finals**	**12:50**
1:00	**200M Finals**						1:00
1:10			**200M Finals**				1:10
1:20					**200M Finals**		1:20
1:30		**200M Finals**					1:30
1:40				**200M Finals**			1:40
1:50						**200M Finals**	1:50

TIME	BANTAM GIRLS	BANTAM BOYS	MIDGET GIRLS	MIDGET BOYS	JUVENILE GIRLS	JUVENILE BOYS	TIME
2:00	**800 M Final**						2:00
2:05	Triple Jump	Shot Put	Discus **800 M Final**	High Jump	Long Jump	Javelin	**2:05**
2:10					**800 M Final**		2:10
2:15		**800 M Final**					2:15
2:20				**800 M Final**			2:20
2:25						**800 M Final**	2:25
2:30	**100 M Final**						2:30
2:35			**100 M Final**				2:35
2:40					**100 M Final**		2:40
2:45		**100M Final**					2:45
2:50				**100 M Final**			2:50
2:55						**100 M Final**	2:55
3:00	**1500 M Final**						3:00
3:10	Javelin	Long Jump	Triple Jump **1500 M Final**	Shot Put	Discus	High Jump	**3:10**
3:20					**1500 M Final**		3:20
3:30		**1500 M Final**					3:30
3:40				**1500 M Final**			3:40
3:50						**1500 M Final**	3:50
4:00	**4x100 Relay**						4:00
4:05			**4x100 Relay**				4:05
4:10					**4x100 Relay**		4:10
4:15		**4x100 Relay**					4:15
4:20				**4x100 Relay**			4:20
4:25						**4x100 Relay**	4:25

4:35	**Girls 4x400 Open Relay**	4:35	5:1
4:45	**Boys 4x400 Open Relay**	4:45	5:2