

Glenbard West (JV) Dual

Bus leaves South at 4:00

5:00 start time for field events

5:30 start time for running events

Long Jump, Triple Jump, High Jump, Shot, PV

Order of Events:

4x800

300 dash

3200

55 H

55 dash

800 run

4x1 lap relay

400 dash

1600 run

200 dash

4x400 relay