

Glenbard East/Geneva//Glenbard South Meet
@ Glenbard East 4:30 start Feb. 20th, 2014
JV Level

3:15 Bus leaves Glenbard South

**4:30 High Jump, Pole Vault, Shot & Long Jump. Triple
Jump to follow. 3 throws and jumps**

Running events cannot start until completion of LJ & TJ

5:30 Running Events
4 X 800 M. Relay
3200 M. Run
55 Hurdles
55 Dash
800 M. Run
4 X 200 M. Relay
400 M. Dash
1600 M. Run
200 M. Dash
4 X 400 M. Relay

We are generally done by 8:00. **No spikes.** No food/drink in the Fieldhouse. No spikes allowed! Track is 179 Meters, just under 9 Laps per mile.

Glenbard East Directions

Roosevelt Rd., East to Main St. Turn north to Glenbard East High School