

2025 Throwers/Vaulters /Long, Triple, High Jump/Jamboree

Order of Events

10:00 AM Girls Pole Vault Starting at 6' Followed by Boys starting at 7'0"

10:00 AM Shot Put and Discs

Frosh /Soph and JV 4 attempts. Varsity: 3 attempts with top 8 getting 3 additional throws

Shot Put Ring 1 Varsity Girls

Followed by Frosh Soph Boys, Varsity Boys

Shot Put Ring 2 Frosh Soph Girls

Followed by JV Boys, JV Girls

Discus: Ring 1 Varsity Boys followed by Varsity Girls, Frosh Soph Boys

Discus Ring 2 JV Girls followed by Frosh Soph Girls, JV Boys

10:AM

High Jump: Boys followed by Girls

Opening heights: Boys: 4'6" Girls 3'6"

10:00 AM

Long Jump 3 Attempts

North Pit: Varsity Boys followed by FS Boys

South Pit: Varsity Girls followed by FS Girls

10 minute break after Long Jump followed by

Triple Jump 3 Attempts

Morth Pit: Varsity Boys followed by FS Boys

South Pit: Varsity Girls followed by FS Girls