



Tigard Jumps

Week 11

May 12 - 18

Monday, May 12

4:05pm – Meet at track stadium

Team warmup

LJ/TJ - sprints, approach

HJ - sprint, meet prep

Tuesday, May 13 - Final home meet @ Tigard

3pm - Released from class

3:20pm - Team warmup

4pm - Field Events & Novice 100m start

[Rolling schedule](#)

[Entries](#)

Wednesday, May 14

4:05pm – Meet at track stadium

Team warmup

LJ/TJ - sprints

HJ - sprint workout, drills and jumps

Thursday, May 15

4:05pm – Meet at track stadium

Team warmup

LJ/TJ - Sprints

HJ - sprint workout, drills and jumps

Friday, May 16 - JV Districts @ Pioneer Memorial Stadium

12:15pm - Released from class

12:30pm - Bus Departs

2:00pm - Track events begin

2:30pm - Field events begin

[Schedule of Events](#)

[Entries](#)

LJ/TJ - sprints, approach, box work

HJ - sprint workout

Saturday, May 17

Easy Day OYO

Sunday, May 18

Rest Day

“The only way to define your limits is by going beyond them.”

– Arthur C. Clarke

