

Joliet West High School

SPC Outdoor Conference Wed. May 10th

Bus: 1:30



Order of events: Running events begin at 5:00pm

4x800 Relay

F/S: Hudson, Barnes, Martinez, Gayton

V: Mines, Podmolik, Esquivel, Zamoras

4x100 Relay

F/S: Backus, De Jesus, Thomas, Graham (Moreno, Taylor Keir)

V: Bew, Aiden, Gallegos, Bailey (McBroom, Strother, Tinajero)

3200 F/S

F/S: Williams, Sullivan

V: Orozco

110 m Hurdles

F/S: Polacek, Flores

V: McClary

100 m Dash

F/S: J. Jones, Taylor Keir

V: Aiden, Bailey

800 m

F/S: Grembowicz, Hannusch

V: Mines, E. Jones

4x 200 Relay

F/S: Backus, Flores, Thomas, Graham (Moreno, Taylor Keir)

V: Bew, Aiden, Gallegos, Jones (McBroom, Strother, Tinajero)

400 m Dash

F/S: Hayes, De Jesus

V: Bailey, McBroom

300 Int. Hurdles

F/S: Keller, Flores

V: McClary, Polacek

1600m Run

F/S: Esquivel, Hudson

V: Grasso, Vieyra

200m Dash

F/S: Taylor Keir, Jones

V: Aiden, Bailey

4x 400 Relay

F/S: Hayes, Hudson, Polacek, Grembowicz (Moreno, De Jesus)

V: Podmolik, McBroom, Zamoras, Gallegos (Mines, E. Jones, Strother)

Field Events: Start @ 3:00pm

V: Caldwell, McClellan

F/s: Ankamah, Lee

V: McClellan, Caldwell

F/S: Ankamah, K. Lestz

V: Strother, Tinajero

F/S: K. Lestz, Lee

F/S: Koerner, Kelly

V: Love, Jenkins

V: Gray, Jurkowski

F/S: Trainor

V: Coffey, Jurkowski

F/S: Trainor

3pm	Field events
4:15	F/S 3200 Section 1
4:30	V 3200 Section 1
5:00	F/S 4x800 (1 heat)
5:15	V 4x800 (1 heat)
5:30	F/S 4x100 (2 heats)
5:40	V 4x100 (2 heats)
5:50	F/S 3200 Section 2
6:05	V 3200 Section 2
6:20	F/S 110H (2 heats)
6:25	V 100H (3 heats)
6:35	F/S 100 (3 heats)
6:45	V 100 (3 heats)
7:00	F/S 800 (2 heats)
7:10	V 800 (2 heats)
7:20	F/S 4x200 (2 heats)
7:30	V 4x200 (2 heats)
7:40	F/S 400 (4 heats)
7:50	V 400 (4 heats)
8:00	F/S 300H (3 heats)
8:10	V 300H (3 heats)
8:20	F/S 1600 (2 heats)
8:35	V 1600 (2 heats)
8:45	F/S 200 (4 heats)
8:55	V 200 (4 heats)
9:05	F/S 4x400 (2 heats)
9:15	V 4x400 (2 heats)