

JV Schedule and Information

Schedule B

Running Events

4:00 Start(rolling schedule)

3200m Run
 200m
 300m Hurdles
 800m Dash
 100m Dash
 400m Dash
 1600m Run
 4x100m Relay
 100/110m Hurdles

Field Events

4:00 Start

Discus-boys then girls
 Long Jump-girls (Triple Jump to follow when done)
 Long Jump-boys (Triple Jump to follow when done)
 Pole Vault-girls then boys
 Javelin-boys then girls
 Shot Put-girls then boys
 High Jump-boys then girls

General Rules:

1. 100/110 Hurdles (Girls 30" Boys 36")
2. 300 Hurdles (Boys 33")
3. Shot puts—Girls(4K), Boys(12lb)
4. Discus—Girls(1K), Boys (1.6K)
5. Pole Vault-Opening Heights-Girls 6' Boys 8'(advance 1' until 8 remain, then 6")
6. High Jump-Opening Heights-Girls 4' Boys 5'
7. All running events are finals on time
8. Three throws/jumps in all field events

Metro Birmingham JV/Freshman Track and Field Meet Schedule 2024

Date	Meet	Location	Schedule
February 29	JV Meet #1	Mtn Brook	A
March 7	JV Meet #2	Vestavia	B
March 14	JV Meet #3	Heardmont Park	A
March 20	JV Meet #4	Waldrop Stadium	B
April 4	JV Meet #5	Briarwood	A
April 11	JV Meet #6	Hoover	B
April 18	JV Championships	Spain Park	