

All heats and Flights will be set up with the fastest heat running last.

For all running events, group S (Small Schools) will run first followed by group L (Large Schools)

Meet of Championships

Pennsauken High School
Wednesday, June 12, 2024 – TEAMS CANNOT BE ON SITE UNTIL 12:00PM
Rain Date Thursday, June 13, 2024 - TEAMS CANNOT BE ON SITE UNTIL 12:00PM
ALL Events Start at 2:00pm – RUNNING EVENTS- BOYS RUN FIRST
Meet Director: Sean Dowd
Phone: 732-779-1155
E-mail: seandowd19@gmail.com
Track: 8 lanes, ¼ inch spikes
Javelin Runway: Grass

Meet of Champions Events			
Running Events		Field Events	
4x800 Meter Relay	Final on Time		
4x800 Meter Relay	Final on Time		
110 Meter Hurdles- Boys	Trials	Shot Put	Boys then Girls
100 Meter Hurdles- Girls	Trials	Javelin	Boys then Girls
100 Meters	Trials	Discus	Girls then Boys
100 Meters	Trials	Long Jump	Girls then Boys
400 Meter Hurdles	Final on Time	Triple Jump	Boys then Girls
400 Meter Hurdles	Final on Time	High Jump	
Wheelchair 100 Meters	Final on Time	Pole Vault	
100 Meters	Finals	BOYS AND GIRLS WILL COMPETE AT THE SAME TIME USING TWO VENUES IN THE HIGH JUMP AND POLE VAULT ONLY	
100 Meters	Finals		
1600 Meters	Final on Time		
Wheelchair 1600 Meters	Final on Time		
1600 Meters	Final on Time		
100 Meter Hurdles- Girls	Finals		

110 Meter Hurdles- Boys	Finals		
400 Meters	Final on Time		
400 Meters	Final on Time		
Wheelchair 400 Meters	Final on Time		
4x100 Meter Relay	Final on Time		
4x100 Meter Relay	Final on Time		
800 Meters	Final on Time		
800 Meters	Final on Time		
200 Meters	Final on Time		
200 Meters	Final on Time		
3200 Meters	Final on Time		
3200 Meters	Final on Time		
4x400 Meter Relay	Final on Time		
4x400 Meter Relay	Final on Time		

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One Day Format for Public Sectional and/or Group Meet (ONLY IF NEEDED)

RUNNING EVENTS- BOYS RUN FIRST		ROTATION IF ONLY ONE VENUE PER EVENT	
Running Events Small then Large Group		Field Events	
3200 Meters	Final on Time		
3200 Meters	Final on Time		
100 Meters	Trials	Shot Put	Girls S, then L, then Boys S, then L
100 Meters	Trials	Javelin	Girls L, then S, then Boys L then S
800 Meters	Final on Time	Discus	Boys S, then L, then Girls S then L
800 Meters	Final on Time	Long Jump	Girls L, then S, then Boys S then L
100 Meter	Finals	Triple Jump	Boys S, then L, then Girls L, the S
100 Meter	Finals	High Jump	Boys L, then S, then Girls S, then L
400 Meter Hurdles	Final on Time	Pole Vault	Girls S, then L, then Boys L, then S