

SJ Twilight Meet - July 16 2018 - Updated Schedule (July 13)

<u>Time</u>	<u>Track</u>		<u>Field</u>		
5:30	Walk up registrations				
5:45	Group Warm up				
6:00	110m Hurdles		Javelin		
	100m Hurdles		Long Jump		
	200m Hurdles				
6:20	1500 M Steeplchase				
6:30	400m		Shot Put		
			Triple Jump		
6:45	80m				
7:00	5000m		Hammer		