

LIIT Performance Meet Series Jump Meet

Athletes are welcome to participate in speed and vertical jump testing in addition to the regular events offered. These tests will be offered approximately 20 minutes prior to the start time of the event in order to permit sufficient time to complete practice run-ups, etc. The testing is optional and is offered to provide additional information that may be of value to the athlete and/or their coach. This testing is in addition to the runway speed measurements we will be collecting through the meet.

The speed testing will be performed on the track parallel to the LJ/TJ runway while the vertical jump will be offered adjacent to the high jump area.

Note 1: This is maximum speed testing so athletes should warm up appropriately for this level of effort.

Note 2: The vertical jump testing device can only be used with running shoes and athletes cannot use spikes while testing.

12:10	Vertical jump testing for women's HJ	(optional)
12:30	Women's HJ	
12:10	Speed testing for men's LJ	(optional)
12:30	Men's LJ	
1:40	Vertical jump testing for men's HJ	(optional)
2:00	Men's HJ	
1:40	Speed testing for women's LJ	(optional)
2:00	Women's LJ	
3:10	Speed testing for mixed TJ	(optional)
3:30	Women's and men's TJ	