

FRESHMAN/SOPHOMORE SAC CHAMPIONSHIP, APRIL 1, 2026

4:00PM LONG JUMP (BOYS AND GIRLS), TRIPLE TO FOLLOW
 GIRLS SHOT PUT, BOYS TO FOLLOW
 BOYS DISCUS, GIRLS TO FOLLOW
 BOYS JAVELIN, GIRLS TO FOLLOW
 GIRLS POLE VAULT, BOYS TO FOLLOW
 GIRLS HIGH JUMP, BOYS TO FOLLOW

RUNNING EVENTS (WE WILL BE ON A ROLLING SCHEDULE ONCE THE 100/110 HURDLES START)

4:00PM 4 x 800
6:00PM 100/110 Hurdles
 100
 1600
 4 x 100
 400
 400 Hurdles
 800
 200
 3200
 4 x 400