

Long Jump

Practice

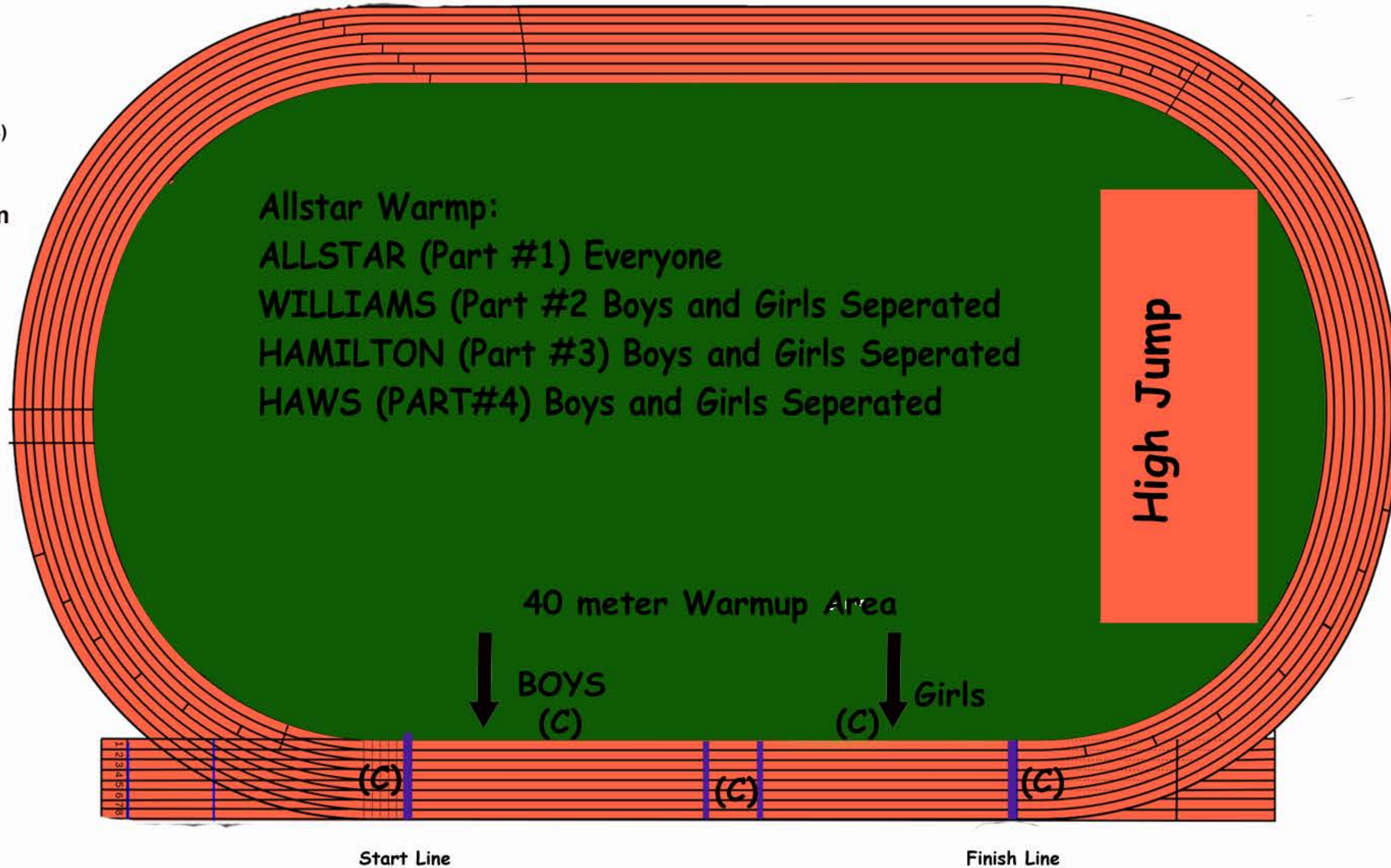
Warmup: 6:00-6:30p

Technical: 6:30-7:10pm

(Starts, Jumps, Hurdles, Throws)

Running: 7:10-7:50pm

Cool Down: 7:50-8:00pm



STANDS