

MVAL Track & Field Championships - 4/29/2023 to 5/6/2023**James Logan High School****Session Report**

Session: 2 Track Trials

Day 1 - Saturday 4/29/2023 - Starts at 09:00 AM

Event	Round
10:00 AM #35 Girls 1600 Meter Run Frosh/Soph	Prelims
10:18 AM #36 Boys 1600 Meter Run Frosh/Soph	Prelims
10:40 AM #3 Girls 1600 Meter Run Varsity	Prelims
10:55 AM #4 Boys 1600 Meter Run Varsity	Prelims
11:25 AM #37 Girls 100 Meter Hurdles Frosh/Soph	Prelims
11:31 AM #5 Girls 100 Meter Hurdles Varsity	Prelims
11:40 AM #38 Boys 110 Meter Hurdles Frosh/Soph	Prelims
11:46 AM #6 Boys 110 Meter Hurdles Varsity	Prelims
11:55 AM #39 Girls 400 Meter Dash Frosh/Soph	Prelims
12:07 PM #40 Boys 400 Meter Dash Frosh/Soph	Prelims
12:22 PM #7 Girls 400 Meter Dash Varsity	Prelims
12:31 PM #8 Boys 400 Meter Dash Varsity	Prelims
12:46 PM #41 Girls 100 Meter Dash Frosh/Soph	Prelims
1:00 PM #42 Boys 100 Meter Dash Frosh/Soph	Prelims
1:16 PM #9 Girls 100 Meter Dash Varsity	Prelims
1:25 PM #10 Boys 100 Meter Dash Varsity	Prelims
1:40 PM #43 Girls 800 Meter Run Frosh/Soph	Prelims
1:48 PM #44 Boys 800 Meter Run Frosh/Soph	Prelims
2:00 PM #11 Girls 800 Meter Run Varsity	Prelims
2:08 PM #12 Boys 800 Meter Run Varsity	Prelims
2:20 PM #45 Girls 300 Meter Hurdles Frosh/Soph	Prelims
2:26 PM #13 Girls 300 Meter Hurdles Varsity	Prelims
2:35 PM #46 Boys 300 Meter Hurdles Frosh/Soph	Prelims
2:45 PM #14 Boys 300 Meter Hurdles Varsity	Prelims
3:00 PM #47 Girls 200 Meter Dash Frosh/Soph	Prelims
3:15 PM #48 Boys 200 Meter Dash Frosh/Soph	Prelims
3:31 PM #15 Girls 200 Meter Dash Varsity	Prelims
3:41 PM #16 Boys 200 Meter Dash Varsity	Prelims
4:05 PM #72 Boys 4x800 Meter Relay Frosh/Soph	Finals
4:17 PM #71 Girls 4x800 Meter Relay Frosh/Soph	Finals
4:17 PM #69 Girls 4x800 Meter Relay Varsity	Finals
4:30 PM #70 Boys 4x800 Meter Relay Varsity	Finals

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Session: 3 Field Day 1

Day 1 - Saturday 4/29/2023 - Starts at 09:00 AM

Event	Round
9:00 AM #32 Boys Discus Throw Varsity	Finals
9:00 AM #25 Girls Shot Put Varsity	Finals
9:00 AM #24 Girls Triple Jump Varsity	Finals
9:00 AM #29 Boys Long Jump Varsity	Finals
9:00 AM #28 Boys Pole Vault Varsity	Finals
9:00 AM #60 Boys Pole Vault Frosh/Soph	Finals
9:00 AM #53 Girls High Jump Frosh/Soph	Finals
11:00 AM #64 Boys Discus Throw Frosh/Soph	Finals
11:00 AM #57 Girls Shot Put Frosh/Soph	Finals
11:00 AM #56 Girls Triple Jump Frosh/Soph	Finals
11:00 AM #61 Boys Long Jump Frosh/Soph	Finals
11:00 AM #21 Girls High Jump Varsity	Finals

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Session: 1 Field Day 2

Day 8 - Saturday 5/6/2023 - Starts at 09:00 AM

	Event	Round
9:00 AM	#26 Girls Discus Throw Varsity	Finals
9:00 AM	#31 Boys Shot Put Varsity	Finals
9:00 AM	#30 Boys Triple Jump Varsity	Finals
9:00 AM	#23 Girls Long Jump Varsity	Finals
9:00 AM	#22 Girls Pole Vault Varsity	Finals
9:00 AM	#59 Boys High Jump Frosh/Soph	Finals
11:00 AM	#58 Girls Discus Throw Frosh/Soph	Finals
11:00 AM	#63 Boys Shot Put Frosh/Soph	Finals
11:00 AM	#62 Boys Triple Jump Frosh/Soph	Finals
11:00 AM	#55 Girls Long Jump Frosh/Soph	Finals
11:00 AM	#54 Girls Pole Vault Frosh/Soph	Finals
11:00 AM	#27 Boys High Jump Varsity	Finals

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Session: 4 Track Finals

Day 8 - Saturday 5/6/2023 - Starts at 09:00 AM

Event	Round
10:00 AM #33 Girls 4x100 Meter Relay Frosh/Soph	Finals
10:04 AM #34 Boys 4x100 Meter Relay Frosh/Soph	Finals
10:08 AM #1 Girls 4x100 Meter Relay Varsity	Finals
10:12 AM #2 Boys 4x100 Meter Relay Varsity	Finals
10:15 AM #35 Girls 1600 Meter Run Frosh/Soph	Finals
10:23 AM #36 Boys 1600 Meter Run Frosh/Soph	Finals
10:31 AM #3 Girls 1600 Meter Run Varsity	Finals
10:39 AM #4 Boys 1600 Meter Run Varsity	Finals
10:49 AM #37 Girls 100 Meter Hurdles Frosh/Soph	Finals
10:53 AM #5 Girls 100 Meter Hurdles Varsity	Finals
11:05 AM #38 Boys 110 Meter Hurdles Frosh/Soph	Finals
11:09 AM #6 Boys 110 Meter Hurdles Varsity	Finals
11:21 AM #39 Girls 400 Meter Dash Frosh/Soph	Finals
11:26 AM #40 Boys 400 Meter Dash Frosh/Soph	Finals
11:31 AM #7 Girls 400 Meter Dash Varsity	Finals
11:41 AM #8 Boys 400 Meter Dash Varsity	Finals
11:53 AM #41 Girls 100 Meter Dash Frosh/Soph	Finals
11:57 AM #42 Boys 100 Meter Dash Frosh/Soph	Finals
12:01 PM #9 Girls 100 Meter Dash Varsity	Finals
12:09 PM #10 Boys 100 Meter Dash Varsity	Finals
12:19 PM #43 Girls 800 Meter Run Frosh/Soph	Finals
12:24 PM #44 Boys 800 Meter Run Frosh/Soph	Finals
12:29 PM #11 Girls 800 Meter Run Varsity	Finals
12:34 PM #12 Boys 800 Meter Run Varsity	Finals
12:44 PM #45 Girls 300 Meter Hurdles Frosh/Soph	Finals
12:49 PM #13 Girls 300 Meter Hurdles Varsity	Finals
1:03 PM #46 Boys 300 Meter Hurdles Frosh/Soph	Finals
1:08 PM #14 Boys 300 Meter Hurdles Varsity	Finals
1:23 PM #47 Girls 200 Meter Dash Frosh/Soph	Finals
1:28 PM #48 Boys 200 Meter Dash Frosh/Soph	Finals
1:33 PM #15 Girls 200 Meter Dash Varsity	Finals
1:38 PM #16 Boys 200 Meter Dash Varsity	Finals
1:46 PM #49 Girls 3200 Meter Run Frosh/Soph	Finals
2:04 PM #50 Boys 3200 Meter Run Frosh/Soph	Finals
2:19 PM #17 Girls 3200 Meter Run Varsity	Finals
2:35 PM #18 Boys 3200 Meter Run Varsity	Finals
2:50 PM #51 Girls 4x400 Meter Relay Frosh/Soph	Finals
2:58 PM #52 Boys 4x400 Meter Relay Frosh/Soph	Finals
3:06 PM #19 Girls 4x400 Meter Relay Varsity	Finals
3:14 PM #20 Boys 4x400 Meter Relay Varsity	Finals