

MVAL Track & Field Championships - 5/9/2025 to 5/10/2025**James Logan High School****Session Report**

Session: 1 Field

Day 1 - Friday 5/9/2025 - Starts at 12:00 PM

Event		Round
12:00 PM	#59 Boys High Jump Frosh/Soph	Finals
12:00 PM	#61 Boys Long Jump Frosh/Soph	Finals
12:00 PM	#63 Boys Shot Put Frosh/Soph	Finals
12:00 PM	#54 Girls Pole Vault Frosh/Soph	Finals
12:00 PM	#58 Girls Discus Throw Frosh/Soph	Finals
12:00 PM	#56 Girls Triple Jump Frosh/Soph	Finals
1:30 PM	#53 Girls High Jump Frosh/Soph	Finals
1:30 PM	#55 Girls Long Jump Frosh/Soph	Finals
1:30 PM	#57 Girls Shot Put Frosh/Soph	Finals
1:30 PM	#60 Boys Pole Vault Frosh/Soph	Finals
1:30 PM	#64 Boys Discus Throw Frosh/Soph	Finals
1:30 PM	#62 Boys Triple Jump Frosh/Soph	Finals
3:00 PM	#27 Boys High Jump Varsity	Finals
3:00 PM	#29 Boys Long Jump Varsity	Finals
3:00 PM	#31 Boys Shot Put Varsity	Finals
3:00 PM	#22 Girls Pole Vault Varsity	Finals
3:00 PM	#26 Girls Discus Throw Varsity	Finals
3:00 PM	#24 Girls Triple Jump Varsity	Finals
4:30 PM	#21 Girls High Jump Varsity	Finals
4:30 PM	#23 Girls Long Jump Varsity	Finals
4:30 PM	#25 Girls Shot Put Varsity	Finals
4:30 PM	#28 Boys Pole Vault Varsity	Finals
4:30 PM	#32 Boys Discus Throw Varsity	Finals
4:30 PM	#30 Boys Triple Jump Varsity	Finals

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Session: 2 Track

Day 2 - Saturday 5/10/2025 - Starts at 09:00 AM

Event		Round
9:00 AM	#33 Girls 4x100 Meter Relay Frosh/Soph	Finals
9:04 AM	#34 Boys 4x100 Meter Relay Frosh/Soph	Finals
9:08 AM	#1 Girls 4x100 Meter Relay Varsity	Finals
9:12 AM	#2 Boys 4x100 Meter Relay Varsity	Finals
9:15 AM	#35 Girls 1600 Meter Run Frosh/Soph	Finals
9:32 AM	#36 Boys 1600 Meter Run Frosh/Soph	Finals
9:47 AM	#3 Girls 1600 Meter Run Varsity	Finals
10:04 AM	#4 Boys 1600 Meter Run Varsity	Finals
10:16 AM	#37 Girls 100 Meter Hurdles Frosh/Soph	Finals
10:19 AM	#5 Girls 100 Meter Hurdles Varsity	Finals
10:31 AM	#38 Boys 110 Meter Hurdles Frosh/Soph	Finals
10:36 AM	#6 Boys 110 Meter Hurdles Varsity	Finals
10:45 AM	#39 Girls 400 Meter Dash Frosh/Soph	Finals
10:54 AM	#40 Boys 400 Meter Dash Frosh/Soph	Finals
11:06 AM	#7 Girls 400 Meter Dash Varsity	Finals
11:15 AM	#8 Boys 400 Meter Dash Varsity	Finals
11:27 AM	#41 Girls 100 Meter Dash Frosh/Soph	Finals
11:35 AM	#42 Boys 100 Meter Dash Frosh/Soph	Finals
11:43 AM	#9 Girls 100 Meter Dash Varsity	Finals
11:51 AM	#10 Boys 100 Meter Dash Varsity	Finals
12:00 PM	#43 Girls 800 Meter Run Frosh/Soph	Finals
12:08 PM	#44 Boys 800 Meter Run Frosh/Soph	Finals
12:14 PM	#11 Girls 800 Meter Run Varsity	Finals
12:22 PM	#12 Boys 800 Meter Run Varsity	Finals
12:34 PM	#45 Girls 300 Meter Hurdles Frosh/Soph	Finals
12:40 PM	#13 Girls 300 Meter Hurdles Varsity	Finals
12:49 PM	#46 Boys 300 Meter Hurdles Frosh/Soph	Finals
12:55 PM	#14 Boys 300 Meter Hurdles Varsity	Finals
1:05 PM	#47 Girls 200 Meter Dash Frosh/Soph	Finals
1:15 PM	#48 Boys 200 Meter Dash Frosh/Soph	Finals
1:25 PM	#15 Girls 200 Meter Dash Varsity	Finals
1:35 PM	#16 Boys 200 Meter Dash Varsity	Finals
1:50 PM	#71 Girls 4x800 Meter Relay Frosh/Soph	Finals
2:05 PM	#72 Boys 4x800 Meter Relay Frosh/Soph	Finals
2:17 PM	#69 Girls 4x800 Meter Relay Varsity	Finals
2:30 PM	#70 Boys 4x800 Meter Relay Varsity	Finals
2:40 PM	#49 Girls 3200 Meter Run Frosh/Soph	Finals
3:10 PM	#50 Boys 3200 Meter Run Frosh/Soph	Finals
3:35 PM	#17 Girls 3200 Meter Run Varsity	Finals
3:52 PM	#18 Boys 3200 Meter Run Varsity	Finals
4:07 PM	#51 Girls 4x400 Meter Relay Frosh/Soph	Finals
4:16 PM	#52 Boys 4x400 Meter Relay Frosh/Soph	Finals
4:24 PM	#19 Girls 4x400 Meter Relay Varsity	Finals

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Session Report

Session: 2 Track

Day 2 - Saturday 5/10/2025 - Starts at 09:00 AM

Event	Round
4:33 PM #20 Boys 4x400 Meter Relay Varsity	Finals