



March 29, 2025
Berkmar HS
Lilburn

SPRING GRIND

Track Events	
10:00 a.m.	3000m run
	Sprint hurdles
	Combined events
11:00 a.m.	400m dash
	1500m run
	100m dash
	800m run
	200m dash
	4x100m relay

Field Events	
9:00 a.m.	Long jump
	Shot put
	Javelin throw
11:00 a.m.	Discus throw
12:00 p.m.	High jump

12U Combined Events
Triathlon (9-10) Shot put (6 lb), high jump, 200m dash (G), 400m dash (B)
Pentathlon (11-12) 80mH, shot put (6 lb), high jump, long jump, 800m run (G), 1500m run (B)