

**MONMOUTH OCEAN
PAROCHIAL LEAGUE**



CHAMPIONSHIP MEET

*Christian Brothers Academy – 850 Newman Springs Road Lincroft, N.J.
Field events begin at 9:00 AM, running events begin at 10:30 AM*

Field events

Time	Group	Event
9:00 AM	Junior boys Junior girls Senior boys Senior girls Senior boys Senior girls	High jump High jump Long jump Long jump Shot put Shot put
9:30 AM	Senior boys Senior girls Junior boys Junior girls	High jump High jump Long jump Long jump
9:45 AM	Junior boys Junior girls Senior boys Senior girls	Shot put Shot put Discus Discus

Running Events

Time	Group	Event
10:30 PM	Junior boys Junior girls Senior boys Senior girls Junior boys Junior girls	50M trials 50M trails 100M trails 100M trials 100M trails 100M trails
11:00 PM	Junior boys Junior girls	1200M 1200M
11:15 PM	Senior boys Senior girls	1600M 1600M
11:30 PM	Junior boys Junior girls Senior boys Senior girls Junior boys Junior girls	50M Final 50M Final 100M Final 100M Final 100M Final 100M Final
11:45 PM	Junior boys Junior girls Senior boys Senior girls	400M 400M 400M 400M
12:15 PM	Junior boys Junior girls Senior boys Senior girls	800M 800M 800M 800M
12:35 PM	Junior boys Junior girls Senior boys Senior girls	4x100M 4x100M 4x100M 4x100M
1:00 PM	Junior boys Junior girls Senior boys Senior girls	200M 200M 200M 200M
1:30 PM	Junior boys Junior girls Senior boys Senior girls	4x400M 4x400M 4x400M 4x400M
2:00 PM	All divisions	Awards

Viper timing – official and live results!

Please Note: Entries will go through www.mileplit.com.

[See tutorial as a guide](#) or reach out if further assistance is needed.