

JR HIGH LYNX RELAYS

FRIDAY, MARCH 24TH 2017

TIME

2:45 - 3:00

SCRATCH MEETING

(NO 2400M RUN)

FIELD EVENTS 3 ATTEMPTS ONLY

***EVENTS WILL BE ON A ROLLING SCHEDULE - TIMES ARE APPROXIMATE**

3:45	BOYS FIELD	EVENTS	GIRLS RUNNING
	7B Discus	8B Shot Put	Sprint Relay
	7B Triple Jump	8B Long Jump	800 m
	7B Pole Vault 6'0"	8B High Jump 4'8"	100 Hurdles
			100 Dash
			800 Relay
			400
			300 Hurdles
			200 Dash

4:45	BOYS FIELD	EVENTS
	7B Shot Put	8B Discus
	7B Long Jump	8B Triple Jump
	7B High Jump 4'6"	8B Pole Vault 7'0"

6:00	GIRLS FIELD	EVENTS	BOYS RUNNING
	7G Discus	8G Shot Put	Sprint Relay
	7G Pole Vault 5'6"	8G Long Jump	800 m
	7G Triple Jump	8G High Jump 4'4"	110 Hurdles
			100 Dash
			800 Relay
			400
			300 Hurdles
			200 Dash

7:00	GIRLS FIELD	EVENTS
	7G Shot Put	8G Discus
	7G Long Jump	8G Pole Vault 6'0"
	7G High Jump 4'2"	8G Triple Jump

8:30	RUNNING	ALL DIVISIONS
	1600M Run	
	Mile Relay	