



Rock Hill Relays Thursday March 7, 2024

Meet Schedule

12:00 PM Coaches Meeting

1:00pm Field Events Begin

V 4 throws/horizontal jumps (top 8), JV 3 throws/horizontal jumps – no finals

Discus – VG, JVG, VB, JVB

Shot Put – VB, JVB, VG, JVG

Pole Vault – JVG/VG, VB, JVB

Long Jump – VB, JVB, VG, JVG

Triple Jump – VG, JVG, VB, JVB

High Jump – JVB, VB, JVG, VG

*Wheelchair shot put at the conclusion of JVG shot put

1:30pm 3200m Run (JVG/VG/JVB/VB)

***Open 1600 immediately following JVB 3200. Unlimited entries, time your own athletes. Heats will be determined by gender and grade. Order will be girls, then boys.

5:00pm Running Event Finals - Rolling Schedule (JVG/VG/JVB/VB)

4x100 Relay

800m Run

100/110 Hurdles (33"/39")

100m Dash

100m Wheelchair

4x200 Relay

400m Dash

400m Wheelchair

300 Hurdles (30"/36")

200m Dash

1600m Run

4x400 Relay

Head Girls Coach- Zach Morgan ztmorgan@prosper-isd.net

Head Boys Coach- Brian Smith basmith@prosper-isd.net