

CFB Relays
March 22, 2024
Standridge Stadium

1:30 **Scratch meeting**

2:30	Field Events	3 jumps/throws
	Long Jump	VB/VG/JVB/JVG
	Triple Jump	JVB/JVG/VB/VG
	High Jump	VG/VB/JVG/JVG
	Pole Vault	VB/VG/JVB/JVG
	Shot	JVB/JVG/VB/VG
	Discus	VG/VB/JVG/JVB

3:00 3200m JVG/VG/JVB/VB
Open 1600 (time your own athletes)

5:30	4x100	JVG/VG/JVB/VB
	800M	JVG/VG/JVB/VB
	100H	JVG/VG
	110H	JVB/VB
	100M	JVG/VG/JVB/VB
	4X200	JVG/VG/JVB/VB
	400M	JVG/VG/JVB/VB
	300H	JVG/VG/JVB/VB
	200M	JVG/VG/JVB/VB
	1600M	JVG/VG/JVB/VB
	4X400	JVG/VG/JVB/VB