

Jack Randall Relays

Meet Schedule

7:45 Scratch Meeting at High School Weightroom
 8:10 Coaches Meeting at High School Weightroom
 8:30 3200 Meter Run Please have a coach available to help time
 (JV Girls, V Girls, JV Boys, V Boys)
 9:00 Field Events begin

Order of Field Events Var gets 4, JV gets 3 - Jumps and Throws Finals ON

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|------|---|--|--|
| 9:00 | Shot Put | Ring #1 Ring #2 | V B followed by VG JV G followed by JVB |
| | Discus | Ring #1 Ring #2 | VG followed by VB JVB followed by JVG |
| | PV - we may combine JV & V depending on number of competitors | | JV G followed V G JV B followed by V B |
| | High Jump | Pit #1 | V G followed by V B JV B followed by JV G |
| | Var TJ & LJ | Pit #1 (Visitor Side) Pit #2 (Visitor Side) | Var. Boys and Girls will do TJ First followed by LJ from the same runway |

JV LJ & TJ will begin at
the conclusion of all
3200m runs

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|------------------|---|
| JV - Triple Jump | Pit #1 (Lane 7 off Tracl JV B followed by JVG |
| JV - Long Jump | Pit #2 (Lane 2 off Tracl JV G followed by JVB |

Running events will
start approx. 45 minutes
after the completion
of field events
or no later than 1:30

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|-------------------|---|
| Throwers Relay | Girls followed by Boys Winners get family meal |
| 400 Meter Relay | JVG, VG, JVB, VB from Church's Chicken |
| 800 Meter Run | |
| 100 Meter Hurdles | |
| 110 H. Hurdles | |
| 100 Meter Dash | |
| 800 Meter Relay | |
| 400 Meter Dash | |
| 300 Meter Hurdles | |
| 200 Meter Dash | |
| 1600 Meter Run | |
| 1600 Meter Relay | |

** Schedule is subject to changes

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