

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

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

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

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

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

ILY