

Crusader Relays
Saturday, February 27th 2016

8:00-8:30 Coaches Meeting. All final changes should be in Thursday before noon

*****NO TAPE ALLOWED on track!!!**

9:00am Field Events/4x1600/3200

****4x1600 Special Relay girls/boys FINAL EVENT****

3200 meter run

Triple Jump: girls/boys

Long Jump: boys/girls

Shot Put: girls/boys

Discus: boys/girls

High Jump: boys/girls

Pole Vault: girls/boys

11:00am

****Distance Medley Relay girls/boys FINAL EVENT****

PRELIMS immediately following the DMR and end of field events

100 hurdles (girls)

110 hurdles (boys)

100 meter dash (girls/boys)

400 meter dash (girls/boys)

200 meter dash (girls/boys)

12:45pm Coaches and Workers Meal

OPEN MILE- immediately following prelims- this is open/free to anyone and is a non-scoring event.

2:00pm Running Finals OR 1 HOUR AFTER PRELIMS

ALL FINALS GIRLS FOLLOWED BY BOYS

400 meter relay **Final Event only**

****4 x 800 meter run****

100 hurdles

110 hurdles

100 meter dash

800 meter relay **Final Event only**

400 meter dash

300 meter hurdles **Final Event only**

200 meter dash

1600 meter run

1600 meter relay **Final Event only**