

Ranger Relays

3-4-2017

9:00 – Running Final –

3200 M Run – JVG, VG, JVB, VB

4 x 800 –VG, VB

9:00 – Field Events: Varsity - 4 attempts in all throws/jumps. (JV – 3 attempts)

Shot Put: Ring 1 – VB, JVB

Shot Put: Ring 2 – VG, JVG

High Jump: VB, VG, JVB, JVG

Pole Vault: Pit 1: VG, VB

Pole Vault: Pit 2: JVG, JVB

TJ followed by LJ: Pit 1 (lower field) – VB

TJ followed by LJ: Pit 2 (lower field) – VG

TJ followed by LJ: Lane 6 (South end) – JVB

TJ followed by LJ: Lane 4 (South end) – JVG

11:00 – Field Events: (or after varsity jumping is done)

Discus: Ring 1 – VB, JVB

Discus: Ring 2 – VG, JVG

11:30 – Awards (Field Events, 3200, 4x800)

12:15 – Running Finals:

Order of events:

400 M Relay: JVG, VG, JVB, VB

800 M Run: JVG, VG, JVB, VB

100 M Hurdles: JVG, VG

110 M Hurdles: JVB, VB

100 M Dash: JVG, VG, JVB, VB

KID'S 800: OPEN K-6 (one heat)

800 M Relay: JVG, VG, JVB, VB

Thrower's 4X100 VG,VB

400 M Dash: JVG, VG, JVB, VB

300 M Hurdles: JVG, VG, JVB, VB

200 M Dash: JVG, VG, JVB, VB

1600 M Run: JVG, VG, JVB, VB

1600 M Relay: JVG, VG, JVB, VB