

# Chap Relays

2-25-2017

## **9:00 – Running Final –**

**3200 M Run – VG, JVG, VB, JVB, FRB**

## **8:30 – Field Events: Varsity - 4 attempts in all throws/jumps. (JV/FR – 3 attempts)**

Shot Put: Ring 1 – FRB, JVB, VB

Shot Put: Ring 2 – JVG, VG

Discus: Ring 1 – VB, FRB, JVB

Discus: Ring 2 – VG, JVG

High Jump: Pit 1 - VG, VB, JVB

High Jump: Pit 2 - FRB, JVG

Pole Vault: VB, VG, JVB, JVG, FRB

TJ/LJ: Pit #1 – VG - LJ, VB – LJ, JVG LJ

TJ/LJ: Pit #2 - VB – TJ, JVG – TJ -VG – TJ,

TJ/LJ: Pit #3 - JVB – LJ, FRB – LJ, JVB – TJ, FRB- TJ

## **1:00 or 30 min after completion of field events- Running Finals:**

### **Order of events:**

400 M Relay: JVG, VG, FRB, JVB, VB

800 M Run: JVG, VG, FRB, JVB, VB

100 M Hurdles: JVG, VG

110 M Hurdles: FRB, JVB, VB

100 M Dash: JVG, VG, FRB, JVB, VB

800 M Relay: JVG, VG, FRB, JVB, VB

400 M Dash: JVG, VG, FRB, JVB, VB

300 M Hurdles: JVG, VG, FRB, JVB, VB

200 M Dash: JVG, VG, FRB, JVB, VB

1600 M Run: JVG, VG, FRB, JVB, VB

1600 M Relay: JVG, VG, FRB, JVB, VB