

BARBARA RAINEY RELAYS
THURSDAY, MARCH 21, 2024
SCHEDULE OF EVENTS

2:30 SCRATCH MEET IN THE WEIGHT ROOM

3:00 COACHES MEETING IN THE WEIGHT ROOM

3:15 3200 M RUN GIRLS/BOYS

3:30 FIELD EVENTS (3 JUMPS & 3 THROWS)

DISCUS	BOYS/GIRLS
SHOT PUT	GIRLS/BOYS
LONG JUMP	GIRLS/BOYS
TRIPLE JUMP	BOYS/GIRLS
HIGH JUMP	BOYS/GIRLS
POLE VAULT	GIRLS/BOYS

RUNNING EVENTS

(Begin APPROX. 15 minutes after end of field events)

WEIGHT MAN RELAY		gold
400 M RELAY	GIRLS/BOYS	gold
800 M RUN	GIRLS/BOYS	waterfall (white)
100 M HURDLES	GIRLS	white line-gold (2nd hole up)
110 M HURDLES	BOYS	white line-blue (4th hole up)
100 M DASH	GIRLS/BOYS	white line
800 M RELAY	GIRLS/BOYS	black start/green/green/gold
400 M DASH	GIRLS/BOYS	white line
300 M HURDLES	GIRLS/BOYS	green (girls-lowest/boys-3 rd hole)
200 M DASH	GIRLS/BOYS	white
1600 M RUN	GIRLS/BOYS	waterfall (white)
1600 M RELAY	GIRLS/BOYS	blue