

RAM RELAYS 2019

February 23, 2019

7:30 Scratch meeting (Building at the east end of the track).

8:30 **Field Events-**

Discus	West Ring- JVB then JVG	East Ring- VG then VB
Shot Put	North Ring- VB then VG	South Ring- JVG then JVB
Long Jump	Pit 1- VG then VB	Pit 3-JVB then JVG
Triple Jump	Pit 4- JVG then JVB	Pit 2- VB then VG
High Jump	Pit 2- JVB then JVG	Pit 1- VG then VB
Pole Vault	Div.- JVG, VG, JVB, VB	

8:30 **Running Prelims** (Running Order: JVG-VG-JVB-VB)

3200 Meter Run

9:15 100H
110 H
100 M
400M
300IH
200M

2:00 **Finals**

400 M Relay
800 M
100 H
110 HH
100 M
800 M Relay
400 M
300 IH
200 M
1600 M
1600 M Relay

Divisions:

J.V. GIRLS
VARSITY GIRLS
J.V. BOYS
VARSITY BOYS