

**Nacogdoches Dragon Relays Meet Schedule**  
**\*Rolling Schedule\***

- 1:15pm**      **Scratch Meeting**—Weight Room (Home side between bleachers and field house)
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- 2:10pm**      **Field Events**      **3 jumps/throws**      **HJ/PV 3 attempts at each height**  
Triple Jump:      VB, JVB, VG, JVG  
Long Jump:      VG, JVG, VB, JVB  
High Jump:      JVB, JVG, VB, VG  
Shot Put:      VB, JVB, VG, JVG  
Discus:      VG, JVG, VB, JVB  
Pole Vault:      VB, VG, JVB, JVG
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- 2:25pm**      **Running Events**      *All Running Events are Final and in this order (JVG, VG, JVB, VB)*  
3200m Run
- 3:15pm**      Coaches meal in Weight Room
- 4:00pm**      **National Anthem**
- 4:05pm**      Big Man 4x100m Relay (Co-Ed)  
4x100m Relay (**Gold**)  
800m Run  
100m Hurdles  
110m Hurdles  
100m Dash  
4x200m Relay (**Red, Red, Gold**)  
400m Run  
300m Hurdles  
200m Dash  
1600m Run  
4x400m Relay (**Blue**)
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- 8:55pm**      *Pick up team packets in press box. Thanks for attending Dragon Relays and we hope to see you next year.*