

SOUTH HILLS SCORPION RELAYS

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SCHEDULE OF EVENTS

12:00 - 12:30 P.M. SCRATCH MEETING - STORAGE SHED BEHIND FIELD HOUSE

12:30 P.M. SESSION NUMBER 1 - VARSITY FIELD EVENTS / JV RUNNING

12:30 P.M.	POLE VAULT:	VAR. B, VAR. G	HIGH JUMP:	VAR. G, VAR.B
	SHOT PUT: RING # 1	VAR. B, VAR. G	DISCUS: RING # 1	VAR. G, VAR. B
	LONG JUMP: PIT # 1	VAR. G, VAR. B	TRIPLE JUMP: PIT # 2	VAR. B, VAR. G

2:00 P.M.	SHOT PUT: RING # 1	JV. G, JV. B	DISCUS: RING # 1	JV. B, JV. G
	LONG JUMP: PIT # 1	JV. G, JV. B	TRIPLE JUMP: PIT # 2	JV. B , JV G
	POLE VAULT:(TOGETHER)	JV. G, JV. B	HIGH JUMP:	JV. G, JV.B

**** FIELD EVENTS FOR THE JV WILL START AS SOON AS THE VARSITY HAS COMPLETED THEIR EVENT**

RUNNING:

2:30 P.M. 3200 M RUN - JV G, JV B, VAR. G, VAR. B

4:00 P.M.

4 X 100 M RELAY	JV. G, JV. B, VAR. G, VAR. B
800 M RUN	JV. G, JV. B, VAR. G, VAR. B
100 /110 M HURDLES	JV. G, VAR G, JV B, VAR.B
100 M DASH	JV. G, JV. B, VAR. G, VAR. B
4 X 200 M RELAY	JV. G, JV. B, VAR. G, VAR. B
400 M DASH	JV. G, JV. B, VAR. G, VAR. B
300 M HURDLES	JV. G, JV. B, VAR. G, VAR. B
200 M DASH	JV. G, JV. B, VAR. G, VAR. B
1600 M RUN	JV. G, JV. B, VAR. G, VAR. B
4 X 400 M RELAY	JV. G, JV. B, VAR. G, VAR. B

****** NO BLOCKS IN THE 400 M**

OPENING HEIGHTS

HIGH JUMP:

VAR. GIRLS HIGH JUMP	4' 6"	VAR. BOYS HIGH JUMP	5' 6"
JV. GIRLS HIGH JUMP	4' 4"	JV. BOYS HIGH JUMP	5' 4"

POLE VAULT: TBD