

LITTLE REBELS RELAYS
MONDAY, MARCH 18, 2024
SCHEDULE OF EVENTS

2:30 SCRATCH MEET IN THE WEIGHT ROOM

3:00 COACHES MEETING IN THE WEIGHT ROOM

3:15 2400 M RUN GIRLS/BOYS **waterfall (white)**

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)

400 M RELAY	GIRLS/BOYS	gold
800 M RUN	GIRLS/BOYS	waterfall (white)
100 M HURDLES	GIRLS	white line-gold (lowest hole)
110 M HURDLES	BOYS	white line-blue (3rd 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 (lowest hole)
200 M DASH	GIRLS/BOYS	white
1600 M RUN	GIRLS/BOYS	waterfall (white)
1600 M RELAY	GIRLS/BOYS	blue