

Nacogdoches Dragon Relays Meet Schedule
Rolling Schedule
February 25, 2021

9:00am **Scratch Meeting**—Weight Room (Home side between bleachers and field house)

9:45am **Field Events** **3 jumps/throws/attempts**

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

All Running Events are Final and in this order (JVG, VG, JVB, VB)

10:00am 3200m Run

11:30am Coaches meal in Weight Room

12:00pm **National Anthem**

12:05pm 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**)

4:00pm **Pick-up Team All Packets at the end of the VB 1600m Relay**

