

# Lynx Relays 2014

## (Friday, March 28th)

12:30-12:45 SCRATCH MEETING IN THE FIELD HOUSE WEIGHT ROOM

### *\*FIELD EVENTS\**

	<u>VARSTIY GIRLS</u>	<u>JV BOYS</u>	<u>VARSITY BOYS</u>
1:00	TRIPLE JUMP SHOT	LONG JUMP HIGH JUMP	POLE VAULT DISCUS
2:15	POLE VAULT DISCUS	TRIPLE JUMP SHOT	LONG JUMP HIGH JUMP
3:30	LONG JUMP HIGH JUMP	POLE VAULT DISCUS	TRIPLE JUMP SHOT

### *\*RUNNING FINALS\**

<u>TIME</u>	<u>EVENT</u>
1:15	3200 METER RUN (JVB, VG, VB)
4:30-5:30	MEAL FOR WORKERS AND COACHES IN THE H.S. CAFETERIA
5:30	<p><i>ROLLING SCHEDULE</i> (RUNNING ORDER JVB, VG, VB,)  <i>HURDLE RACE ORDER</i> (VG, JVB, VB)</p> <p>400 METER RELAY            800 METER RUN            100 METER HURDLES            110 METER HIGH HURLDES            100 METER DASH            800 METER RELAY            400 METER DASH            300 METER HURDLES            200 METER DASH            1600 METER RUN            1600 METER RELAY</p>