

# Lynx Relays 2015

## (Friday, March 27th)

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	<i>ROLLING SCHEDULE</i> (RUNNING ORDER JVB, VG, VB,) HURDLE RACE ORDER (VG, JVB, VB)  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