

JH Runnin Hounds Relays 2022

March 25, 2022

- 2:30** Scratch Meeting - Weightroom East of Fieldhouse
- 3:00** Coaches Meeting - Weightroom East of Fieldhouse
- 3:30** 2400m Run 7G, 8G, 7B, 8B

Field Events

Rolling Schedule Starts 10 Minutes after conclusion of previous division

	North Pit	South Pit	West Pit				
	<u>LJ</u>	<u>LJ</u>	<u>TJ</u>	<u>PV</u>	<u>HJ</u>	<u>Discus</u>	<u>Shot</u>
3:30	8B	7B	8G	8B	7G	8G	7B
	8G	7G	7G	7B	8G	7G	8B
			7B	8G	7B	7B	8G
			8B	7G	8B	8B	7G

Running Finals

*Rolling Schedule Starts at 6:30
All races will be ran 7G, 8G, 7B, 8B*

- 6:30** 400m Relay
- 800m Run
- 100m Hurdles (30")
- 110m Hurdles (33" for 7B & 36" for 8B)
- 100m Dash
- 800m Relay
- 400m Dash
- 300m Hurdles (30")
- 200m Dash
- 1200m Run
- 1600m Relay