

HS Runnin' Hounds Relays 2022

March 26, 2022

- 9:00** Scratch Meeting - Weightroom East of Fieldhouse
- 9:30** Coaches Meeting - Weightroom East of Fieldhouse
- 10:00** 3200m Run VG, JVB, VB

Field Events

Events will begin at scheduled time or 10 minutes after completion of the previous division. Will NOT begin early.

	<u>PV</u>	<u>LJ</u>	<u>TJ</u>	<u>HJ</u>	<u>Discus</u>	<u>Shot</u>
10:00	VB	JVB	VG	VG	VB	JVB
11:00	JVB	VG	VB	VB	JVB	VG
12:00	VG	VB	JVB	JVB	VG	VB

*All LJ will use the North Pit
*All TJ will use the West Pit

Running Finals

*Rolling Schedule Starts at 2:00
All races will be ran VG, JVB, VB*

- 2:00** 400m Relay
800m Run
100m Hurdles (33" VG)
110m Hurdles (39" JVB/VB)
100m Dash
800m Relay
400m Dash
300m Hurdles (30" VG & 36" JVB/VB)
200m Dash
1600m Run
1600m Relay