

2019 Pantex FCU Relays (revised)

12:00-1:00 Meal/Scratch

	JVG	VG	JVB	VB
1:30	Shot	PV	LJ	TJ
	HJ		Discus	
2:15	TJ	Shot	PV	LJ
		HJ		Discus
3:00	LJ	TJ	Shot	PV
	Discus		HJ	
3:45	PV	LJ	TJ	Shot
		Discus		HJ

4 throws 4 jumps in LJ, TJ, Shot Put, Discus

RUNNING FINALS

2:30 3200 Run (JVG-VG combined, JVB-VB combined)

5:00 JVG, JVB, VG, VB (except for hurdles)

400m Relay

800 m run

100 m Hurdles

100m Dash

800m Relay

400m Dash

300m Hurdles

200m Dash

1600m Run

1600m Relay

