

Runnin' Hounds Relays 2021

March 11, 2021

2:00 SCRATCH MEETING- Weight Room

2:30 3200 GIRLS, BOYS

FIELD EVENTS

	PV	LJ	TJ	HJ	DISCUS	SHOT
2:30	GIRLS	JV	BOYS	GIRLS	JV	BOYS
3:30	BOYS	GIRLS	JV	BOYS	GIRLS	JV
4:30	JV	BOYS	GIRLS	JV	BOYS	GIRLS

*All male Long Jumps will be on the south pit, Female LJ on the North Pit

*All male Triple Jumps will be on the west pit, Female TJ on the East Pit

Coaches meal starts at 5 in HS Commons

RUNNING FINALS- ROLLING SCHEDULE STARTS AT 5:30

6:00 400 M Relay All races will be ran: GIRLS, JV Boys, Varsity BOYS
800 M Run
100 M Hurdles
110 M Hurdles
100 M Dash
800 M Relay
400 M Dash
300 M Hurdles
200 M Dash
1600 M Run
1600 M Relay