

HIGH SCHOOL COED BOMBER RELAYS

April 18, 2023 @ 4:30 PM

SCHEDULE OF EVENTS

Field Events - 4:30 PM (One JV Entry Per Event)

Discus -- Men followed by Women

High Jump - Women (Start at 4'4") followed by Men (Start at 5'4")

Long Jump - Men followed by Women

Shot put - Women followed by Men

**All jumps and throws are 4 attempts.*

Track Events - 5:00 PM

(F) Sprint Medley Relay 100 - 100 - 200 - 400

3000m Run (One JV Entry)

3200m Run (One JV Entry)

4 x 800m Relay

(F) White Shuttle Hurdle Relay - Women 33" 2nd Pcg

(F) Red Shuttle Hurdle Relay - Men 30" 3rd Pcg

100m Dash (One JV Entry) *GATE*

(F) Distance Medley Relay 200 - 200 - 400 - 800 *STRETCH*

400m Dash - JV (One JV Entry)

400m Dash - Varsity

(F) 4x 200m Relay - JV (One JV Entry)

(F) 4x 200m Relay - Varsity

Yellow 100m Hurdles 33" 2nd Pcg

Blue 110m Hurdles 39" 4th Pcg Blue Start

800m Run

200m Dash

SENIOR NIGHT INTRODUCTIONS

Green 400m Hurdles 30" Low *CONCESSIONS*

1500m Run (One JV Entry)

1600m Run (One JV Entry)

(F) 4 x 100m Relay - JV (One JV Entry)

(F) 4 x 100m Relay - Varsity

4 x 400m Relay

POINTS

Relays 10-8-6-4-2-1

Individual 10-8-6-4-2-1