

# JR HIGH LYNX RELAYS

## FRIDAY, MARCH 24TH 2017

**DISMISS AT 1:55 -- LEAVE AT 2:10**

### TIME

**2:45 - 3:00**    **SCRATCH MEETING**  
*(NO 2400M RUN)*

*\*FIELD EVENTS 3 ATTEMPTS ONLY\**

*\*EVENTS WILL BE ON A ROLLING SCHEDULE - TIMES ARE APPROXIMATE*

<b>3:30</b>	<b>BOYS FIELD</b>	<b>EVENTS</b>	<b>GIRLS RUNNING</b>
	7B Discus	8B Shot Put	Sprint Relay
	7B Triple Jump	8B Long Jump	800 m
	7B Pole Vault 6'0"	8B High Jump 4'6"	100 Hurdles
			100 Dash
			800 Relay
			400
			300 Hurdles
			200 Dash

<b>4:45</b>	<b>BOYS FIELD</b>	<b>EVENTS</b>	
	7B Shot Put	8B Discus	
	7B Long Jump	8B Triple Jump	
	7B High Jump 4'4"	8B Pole Vault 7'0"	

<b>6:00</b>	<b>GIRLS FIELD</b>	<b>EVENTS</b>	<b>BOYS RUNNING</b>
	7G Discus	8G Shot Put	Sprint Relay
	7G Pole Vault 5'6"	8G Long Jump	800 m
	7G Triple Jump	8G High Jump 4'2"	110 Hurdles
			100 Dash
			800 Relay
			400
			300 Hurdles
			200 Dash

<b>7:15</b>	<b>GIRLS FIELD</b>	<b>EVENTS</b>	
	7G Shot Put	8G Discus	
	7G Long Jump	8G Pole Vault 6'0"	
	7G High Jump 4'0"	8G Triple Jump	

<b>8:30</b>	<b>RUNNING</b>	<b>ALL DIVISIONS</b>	
	1600M Run		
	Mile Relay		