

# **Exchange Zone Help**

**We need 1 or 2 coaches from the following schools to be available to help with exchange zones. You can grab a flag from the finish line**

## **4x100m Relay**

**Exchange #1: Arlington & Bluffton**

**Exchange #2: Liberty-Benton & McComb**

**Exchange #3: Donnell & Glenwood**

## **4x200m Relay**

**Exchange #1 & #3: Liberty-Benton & Van Buren**