

# Exchange Zones

Coaches we need your help covering the following exchange zones. Grab 1 flag per zone from the finish line.

Thanks!

## **4x100m Relay:**

Zone 1: McComb/ Arlington

Zone 2: LB/ Arcadia

Zone 3: Leipsic/Van Buren

## **4x200m Relay:**

Zone 1 & 3: Riverdale/Hopewell-Loudon