

Time Schedule

4:30 Boys Shot, Girls Disc, Boys High Jump, Girls/Boys Long Jump Open Pit,
Girls Pole Vault (Boys will be added as bar is moved up)

4:45

- Girls 4 x 800
- Boys 4 x 800
- Girls 100 Hurdles
- Boys 110 Hurdles
- Girls 100
- Boys 100
- Girls 4 x 200
- Boys 4 x 200
- Girls 1600
- Boys 1600
- Girls 4 x 100
- Boys 4 x 100
- Girls 400
- Boys 400
- Girls 300 Hurdles
- Boys 300 Hurdles
- Girls 800
- Boys 800
- Girls 200
- Boys 200
- Girls and Boys 3200
- Girls Thrower Relay
- Boys Thrower Relay
- Girls 4 x 400
- Boys 4 x 400

Shot, Disc, Long Jump

(4 attempts, no finals)

Starting Heights

Boys High Jump – 5-0

Girls High Jump – 4-4

Pole Vault – 6-0

Relay Exchange Zones

4 x 200 – Zone 1 & 3 (Elmwood, New Riegel, Upper Sandusky)

4 x 100 – Zone 1 (Wauseon)

Zone 2 (Maumee)

Zone 3 (Seneca East)

Thrower Relay – Zone 1 (Lakota)

Zone 2 (Arcadia)

Zone 3 (Van Buren)