LAKEWOOD RANGER RELAYS TIME SCHEDULE

FIELD EVENT TIMES		TRACK EVENT TIMES 4:00pm/5:15pm
4:00pm	**BOYS SHOT**	**1. 4 x 1600M RELAY GIRLS/BOYS** (4:00pm)
	GIRLS SHOT	**2. 100M/110M HURDLES GIRLS/BOYS (two entries)** (ROLLING TIME SCHEDULE start at 5:15pm)
4:00pm	**GIRLS DISCUS**	**3. DMR GIRLS/BOYS**
	BOYS DISCUS	**4. 4 x 200M RELAY GIRLS/BOYS**
4:00pm	**GIRLS HIGH JUMP**	**5. 4 x 800M RELAY GIRLS/BOYS**
	BOYS HIGH JUMP	**6. SMR GIRLS/BOYS**
4:00pm	**GIRLS POLE VAULT**	**7. 3200M RUN GIRLS/BOYS**
	BOYS POLE VAULT	**8. 4 x 100M RELAY GIRLS/BOYS**
4:00pm	**BOYS LONG JUMP**	**9. 4 x 400M RELAY GIRLS/BOYS**
	GIRLS LONG JUMP	

ADDITIONAL INFORMATION

1. RUNNING EVENTS WILL BE GIRLS FIRST, THEN BOYS
2. DISTANCE MEDLEY WILL BE 800-400-1200-1600
3. HURDLE HEIGHT FOR GIRLS WILL BE (STANDARD HEIGHT)
4. HURDLE HEIGHT FOR BOYS WILL BE (STANDARD HEIGHT)
5. HIGH JUMP FOR GIRLS WILL GO 4'3", 4'6", 4'8", 4'10", 5'0", 5'1", one inch increments
6. HIGH JUMP FOR BOYS WILL GO 5'3", 5'6", 5'8", 5'10", 6'0", 6'1", one inch increments
7. POLE VAULT FOR GIRLS WILL GO 6', 7', 8', 8'6", 9', 9'6", 10', ETC
8. BOYS POLE VAULT WILL BEGIN IMMEDIATLY FOLLOWING THE GIRLS
9. POLE VAULT FOR BOYS WILL GO 9', 10', 10'6" 11', 11'6", 12', 12'6", 13',13'6", ETC
10. LONG JUMP, DISCUS, SHOT WILL HAVE 4 JUMPS/THROWS NO FINALS
11. THE BOYS AND GIRLS LONG JUMP EVENTS WILL BE RUN IN FLIGHTS
12. ***ALL 2018-2019 OFFICIAL UNIFORM RULES WILL BE ENFORCED***
13. SCORING FOR THE MEET WILL GO 10-8-6-4-2-1
14. SPRINT MEDLEY RELAY WILL BE 100-100-200-400

Shot put and discus are located across the street from the high school. We no longer need to use a shuttle bus to Madison Park.