

ATTENTION COACHES :

We are asking for your help to assist us at covering exchange zones for the races below.

The flags are located at the exchange

THANK YOU FOR YOUR HELP IN ADVANCE!

Sprint Medley Relay

Exchange Zone 1

Whitmer
Springfield

Exchange Zone 2

Findlay
Southview

Exchange Zone 3

Northview
St. Ursula

4 x 200 Relay

Exchange Zone 1 & 3

Notre Dame
Clay

4 x 100 Throwing Relay & 4 x 100 Relay

(Back-to-Back Races)

Exchange Zone 1

Tiffin Columbian
Start

Exchange Zone 2

Defiance
Perrysburg

Exchange Zone 3

Toledo Christian
Whitmer