

ATTENTION COACHES:

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

Please send one coach to the finish line prior to your race to get a flag. After covering your exchange zone, please return the flag to the finish line.

THANK YOU FOR YOUR HELP IN ADVANCE!

Sprint Medley Relay

Exchange Zone 1

Whitmer

Findlay

Exchange Zone 2

Springfield

Southview

Exchange Zone 3

Officials

4 x 200 Relay

Exchange Zone 1 & 3

Tiffin Columbian

Start

4 x 100 Thrower Relay

Exchange Zone 1

Northview

St. Ursula

Exchange Zone 2

Bedford

Perrysburg

Exchange Zone 3

Officials

4 x 100 Relay

Exchange Zone 1

Whitmer

Central

Exchange Zone 2

Toledo Christian

Bowsher

Exchange Zone 3

Officials