

Exchange Zone Help

We need 1 or 2 coaches from the following schools to be available to help with exchange zones. You can grab a flag from the finish line

4x100m Relay

Exchange #1: Arlington & Bluffton

Exchange #2: Liberty-Benton & McComb

Exchange #3: Donnell & Mohawk

4x200m Relay

Exchange #1 & #3: Liberty-Benton & Van Buren