

2021 JR. HIGH PANTHER RELAYS

Order of events and time schedule

Once the running events begin, it will be a *rolling time* schedule

4:00 Coaches Meeting

4:30 Field Events – 3 members per school in a combined effort (relay)

Throws and Long Jump will each receive 3 attempts

Girls' shot will be run first followed by boys

Boys' discus first with girls to follow

Boys and girls long jump will be run on opposite runways at the same time

Girl's High Jump followed by Boys (starting height to be determined)

Boys and girls pole vault run simultaneously.

Starting heights to be determined at a later time.

Approximate time schedule only!

5:15 Running Events – girls will run first followed by the boys

5:15 Shuttle Hurdles (30")

5:40 4x200 m. Relay

5:50 4x800 m. Relay

6:20 Sprint Medley Relay (100, 100, 200, 400)

6:30 Distance Medley Relay (800, 400, 400, 1600)

7:10 4x100 m. Relay

7:20 4x400 m. Relay

Lanes will be rotated