

BOLD GOLD CAPROCK RELAYS

MARCH 24, 2017

11:30-12:15

Scratch Meeting held in the Turf Room (West of track)

12:30

3200 Run: JVB, VG, VB

1:00

Field Events: (Varsity- 3 attempts in prelims and top 8 to the finals)
(JV- 4 attempts NO Finals)

	<u>1:00</u>	<u>2:30</u>
SHOT PUT (North Pit):	VG	VB
SHOT PUT (South Pit):	JVB	
DISCUS (Track Infield):	VB	VG
DISCUS (East of Arena):		JVB
LONG JUMP 1 (West Pit):	VG	VB
LONG JUMP 2 (Lane 7):	JVB	
TRIPLE JUMP 1 (East Pit):	VB	VG
TRIPLE JUMP 2 (Lane 7):		JVB
HIGH JUMP 1 (North):	VB	VG
HIGH JUMP 2 (South):		JVB
POLE VAULT:	VG	JVB/VB

4:00-5:00 Coaches & Workers Meal

5:00 Running Finals: VG, JVB, VB

Weight Man Relay (No points & must be a thrower)

4 X 100 Relay

800 Meter Run

100 Meter Hurdles

110 Meter Hurdles

100 Meter Dash

4 X 200 Meter Relay

400 Meter Dash

300 Meter Hurdles

200 Meter Dash

1600 Meter Run

4 X 400 Meter Relay