

Panther Relays

Coaches:

We will once again be holding our Panther Relays on Wednesday, **March 19th** at 2:00 pm at PVHS–

Hopefully this *relay meet* can provide a good workout as well as a tune-up for all the qualifiers coming up as well as give JV another opportunity to race.

We will be holding the following relays:

- distance medley (1200, 400, 800, 1600)

- 4x100

- high hurdle shuttle relay

- 4x200

- 4x800

- 4x400

- throwers relay (4x100 w/ twinkie)

This year, we WILL be contesting FIELD EVENTS – we need help (please let me know what field event you can help with). We will just do an open pit for everything (except hj). The athletes can help measure each other's throws. We just need supervision at the event for safety.

This event is a lot of fun and an opportunity for your athletes to get a great workout. Coaches plan on entering as many teams per relay as you need. We do ask, however, that only serious attempts are entered (no one wants to be there while a 4x800 is run backwards). We also ask that athletes are limited to 3 events (excluding the throwers relay).

Heats will be created at the starting lines and **coaches will be responsible for timing your own relays.**

Remember your BATONS!

PANTHER RELAYS ORDER OF EVENTS

distance medley (1200, 400, 800, 1600)

4x100

high hurdle shuttle relay

4x200

4x800

4x400

throwers relay (4x100 w/ twinkie)

FIELD EVENTS:

Open Pit

High Jump will be taking place on both mats

Long Jump will be held on both runways