



ROUGHNECK RELAYS

2:30	COACHES MEETING		
2:30-2:45	SCRATCH MEETING		
3:15	3200 METER RUN	JVB, VG, VB Final event	
3:00	FIELD EVENTS (4 jumps/throws for Varsity; 3/3 for JV Boys)		
	POLE VAULT	VG, VB, JVB	
	HIGH JUMP	JVB, VB, VG	
	LONG JUMP	VG	PIT#1 (HOME SIDE)
	LONG JUMP	VB, JVB	PIT#2 (VISITORS SIDE)
	TRIPLE JUMP	VG	PIT#1-WHEN LONG JUMP IS COMPLETED
	TRIPLE JUMP	VB, JVB	PIT#2-WHEN LONG JUMP IS COMPLETED
	SHOT PUT	VG, JVB, VB	
	DISCUS	VB, VG, JVB	
5:30 (or 10 min. after the field events are over)	RUNNING EVENTS		
	WEIGHT MAN RELAY	GIRLS AND BOYS	
	400 M RELAY	JVB, VG, VB	
	800 M RUN	JVB, VG, VB	
	100 M HURDLES	VG	
	110 M HURDLES	JVB, VB	
	100 M DASH	JVB, VG, VB	
	800 M RELAY	JVB, VG, VB	
	400 M DASH	JVB, VG, VB	
	300 M HURDLES	VG, JVB, VB	
	200 M DASH	JVB, VG, VB	
	1600 M RUN	JVB, VG, VB	
	1600 M RELAY	JVB, VG, VB	

*PLEASE PARK THE BUSES IN THE SOUTH CORNER OF THE PARKING LOT (SCOREBOARD).

Catch the Challenge !

**Learn for Life !
With Us !**

Come Grow

***PLEASE ENTER THE STADIUM THROUGH THE GATE ON THE HOME SIDE.**

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