

Jefferson Girls Track & Field

Crazy Relays and BBQ

Friday, May 17th

Whole Team and Alumni

3:00-5:00pm

BBQ Food Sign Up (please sign up to bring something!)

Item	Name		Item	Name
Grill	Coach Faulk		Fruit	sarah draxler
Hot dogs	Coaches		Fruit	lokasti Konchilakis
Brats	Coaches		Fruit	kissie medvedovski
Vegetarian option	Coaches		Fruit	Jamie
Paper plates	Alyssa Atkins		Veggies	Jason Czeskleba (Carrots, Celery, Tomatoes, Broccoli and Cauliflower)
Plastic forks	Brooke Hemann		Veggies	Kendyl G - peppers and pea pods and carrots
Napkins	Aria P		Veggies	
Garbage bags	Aria P		Dessert	Campbell Lewis
Hot dog Buns (2 bags)	sara grant		Dessert	Holly Rich
Hot dog Buns (2 bags)	isabella salgado		Dessert	kissie medvedovski
Hot dog Buns (2 bags)	Devin Happe		Dessert	
Hot dog Buns (2 bags)	Devin Happe		Dessert	Olivia Fitz
Chips (2 bags)	Betsy Malecha		Dessert	Kendyl G
Chips (2 bags)	Brooke P		Dessert	
Chips (2 bags)	Jason Czeskleba		Juice Boxes	miranda
Chips (2 bags)	Jason Czeskleba		Juice Boxes	Caroline Haag
Ketchup (2 bottles)	bella borgen		Juice Boxes	bella borgen
Mustard (1 bottle)	Charlotte Bellmont		Case of water	Annika Shermak
Pickles	Alyssa Atkins		Anything else?	
Fruit	Maren Myers			

Headcount for food planning:

Current Athletes: 40

Alumni: Caroline H, Ava L, Maya E, Isabel F, Ally R, Sierra M, Ally A, Emma M, Macya B, Olivia M, Sofie F, Melina P, Catja P, Alyssa L, Sneezy M, Elise L,

Coaches: Faulk, Jones, Lund, Rachel, Anna, Lokk

Events

3:00- Warmup

3:30- start

8x50m	"Anything but a Baton Relay"	Any 8 together, must run youngest to oldest
30y Partner Wheelbarrow	Down and back, must switch after 30y	Teams of 2
Furthest Throw	"Anything but a ball"	2 Attempts, spread out on turf-throw from goal line
50y Human Hurdle race	Each team starts together (like leapfrog). Human hurdles in a ball/kneeling every 5y.	5 girls on a team
Handstand Challenge	Set up on turf if possible	Everyone goes at once, 3 rounds, person who has the longest time is the winner
4x100 PV pole relay	Set up every other lane, DQ'd if pole goes into another team's lane, may need two heats	Teams of 4