

Lion Relays

Sponsored by Filter Tech Incorporated

SATURDAY, March 23, 2023

Pre-Meet Order of Events:

- 8:00 am -> Teams & Spectators are allowed to enter the stadium
- 8:30 am -> **Coaching Breakfast & Meeting** located in the Weight Room
- 8:50 am -> Opening Ceremonies (GHSA Announcement, Prayer, National Anthem)
- 9:00 am -> **Senior Day Presentations**
- 9:30 am -> First Call **Session I Field Events**

Order of Field Event Sessions

Session I: Start at 9:45 am

- HS Boys Pole Vault
- HS Girls High Jump
- HS Girls Discus
- HS Boys Shot Put
- HS Girls Long Jump (Runway #1)
- HS Boys Triple Jump (Runway #2)

Session II: Start at 11:15 am

- HS Girls Pole Vault
- HS Boys High Jump
- HS Boys Discus
- HS Girls Shot Put
- HS Girls Triple Jump (Runway #1)
- HS Boys Long Jump (Runway #2)

Session III: Start at 12:45 pm

- MS Girls Pole Vault
- MS Boys High Jump
- MS Boys Discus
- MS Girls Shot Put
- MS Girls Long Jump (Runway #1)
- MS Boys Long Jump (Runway #2)

Session IV: Start at 1:45 pm

- MS Boys Pole Vault
- MS Girls High Jump
- MS Girls Discus
- MS Boys Shot Put

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Order of Running Event Sessions

- 9:25 am Juniors 800m Run
- 9:35 am Juniors 100m Dash
- 9:45 am Juniors 200m Dash
- 10:00 am *MS Girls 4x800m Relay & MS Boys 4x800m Relay* (1 section)
- 10:30 am **HS Girls 4x1600m Run & HS Boys 4x1600m Run** (1 section)
- 11:00 am *MS Girls 100m Hurdles, followed by MS Boys 100m Hurdles* (lanes 2-8)
- 11:15 am **HS Girls 100m Hurdles, followed by HS Boys 110m Hurdles** (lanes 2-8)
- 11:30 pm *MS Girls 100m Dash, followed by MS Boys 100m Dash*
- 11:45 pm **JV Girls 100m Dash, followed by JV Boys 100m Dash**
- 12:00 pm HS Girls 100m Dash, followed by HS Boys 100m Dash
- 12:20 pm **HS Girls 4x800m Relay, followed by HS Boys 4x800m Relay**
- 12:45 pm **HS Girls 4x200m Relay, followed by HS Boys 4x200m Relay**
- 1:05 pm *MS Girls 1600m Run, followed by MS Boys 1600m Run*
- 1:35 pm **HS Girls 1600m Run, followed by HS Boys 1600m Run**
- 2:10 pm *MS Girls 4x100m Relay, followed by MS Boys 4x100m Relay*
- 2:25 pm **HS Girls 4x100m Relay, followed by HS Boys 4x100m Relay**
- 2:45 pm *MS Girls 400m Dash, followed by MS Boys 400m Dash*
- 3:10 pm **HS Girls 400m Dash, followed by HS Boys 400m Dash**
- 3:35 pm *MS Girls 300m Hurdles, followed by HS Girls 300m Hurdles* (lanes 1-8)
- 3:50 pm *MS Boys 300m Hurdles, followed by HS Boys 300m Hurdles* (lanes 1-8)
- 4:10 pm *MS Girls 800m Run, followed by MS Boys 800m Run*
- 4:30 pm **JV Girls 800m Run, followed by JV 800m Run** (1 heat each)
- 4:45 pm **HS Girls 800m Run, followed by HS Boys 800m Run**
- 5:10 pm *MS Girls 200m Run, followed by MS Boys 200m Run*
- 5:25 pm **JV Girls 200m Dash, followed by JV Boys 200m Dash**
- 5:35 pm **HS Girls 200m Run, followed by HS Boys 200m Run**
- 5:50 pm *MS Girls 4x400m Relay, followed by MS Boys 4x400m Relay*
- 6:10 pm **HS Girls 4x400m Relay, followed by HS Boys 4x400m Relay**

The schedule of events is subject to change, including if we are ahead of schedule.