

Baron's All-Relay Meet Saturday February 21, 2026 Schedule of Events

FIELD EVENTS: Begin at 9:00AM (Up to four entries per team/normal scoring) (Three attempts for horizontal jumps and throws)

SHOT PUT: Girls/Boys (Held adjacent to the field by the start/finish line)

DISCUS: Boys/Girls (On the infield marked off with cones) NO WARM-UPS OR SPECTATORS IN THE INFIELD AREA DURING THE COMPETITION. Infield will be open for warm-up immediately AFTER the discus competition.

TRIPLE JUMP: Girls/Boys (Pit #1 - Visitor side of the field)

LONG JUMP: Boys/Girls (Pit #2 - Home side of the field)

HIGH JUMP: Girls/Boys (Opening Height will be determined at coaches meeting)

POLE VAULT: Boys/Girls (Opening Height will be determined at coaches meeting)

6400 METER RELAY: (4 x 1600) Girls/Boys First relay start at 10:00AM (will combined genders if necessary)

RUNNING EVENTS: Begin at 12:00PM or 30 minutes after the conclusion of the last field event. (except for the 4 x 1600-meter relay)

(ROLLING CLOCK - GIRLS FOLLOWED BY BOYS EACH EVENT)

100/110 HIGH HURDLES (ONLY NON-RELAY RACE) SCORING WILL BE SINGULAR LIKE FIELD EVENTS (UP TO FOUR ATHLETES PER TEAM)

DISTANCE MEDLEY RELAY (1200/400/800/1600)

THROWERS RELAY: (4 x 100 Meters) Exhibition event only (awards will be presented but no points to team) each team must consist of ONLY throwers from the field event competition co-ed teams are acceptable there will only be one section/heat for this event; first eight teams to sign up at coaches meeting will participate

400 METER RELAY (4 x 100)

1600 METER RELAY (4 x 400)

COACHES RELAY (4 x 100) Exhibition event team coaches only co-ed; one team per school limited to first eight teams to sign-up at coaches meeting

800 METER RELAY: (4 x 200)

SPRINT MEDLEY RELAY: (100/100/200/400)

3200 METER RELAY (4 x 800)

MIXED 1600 METER RELAY (4 x 400) Exhibition event will include two boys and two girls in competition. One mixed team per school only.

NOTES: Relay Exchange Zones 4 x 100 is yellow/4 x 200 is green/yellow and 4 x 400 is blue

Scratches 7:30AM - 8:15AM Coaches Meeting: 8:15AM (McCombs Athletic Center)