



2025 KISD RELAYS



Meet Schedule

TIMES ARE APPROXIMATE

12:00 PM Coaches Meeting 2nd floor of press box

1:00PM- Throwers Relay: JV- Varsity ONLY

1:25PM

- 100/110Hurdles- JV- Varsity ONLY

2:00PM -

4x800 Meter Relay JV - Varsity- ONLY

3:00PM - 4x100 Meter Relay- 9th- JV – Varsity.

3:45PM- Sprint Medley Relay JV- Varsity ONLY -----(200, 200, 400, 800)

4:30PM- 4x200 Meter Relay 9th, JV, Varsity

5:00 PM Distance Medley Relay JV-Varsity ONLY---- (1200, 400, 800, 1600)

6:20 PM 4x4 Meter Relay 9th, JV, Varsity ONLY

Throws: Varsity= 4 Throws / JV & Freshman = 3 Throws

1:40 Varsity Boys Discus (Ring 1 Closest to Softball Field)

1:40 Varsity Girls Shot Put (Ring 1 Closest to Football Stadium)

1:40 Freshman Boys Discus (Ring 2 Closest to Tennis Court)

1:40 Freshman Girls Shot Put (Ring 2 Furthest from Football Field)

JV Boys & Girls will Throw at the Conclusion of the Freshman.

Approximately 3:30 Boys and Girls should switch events

Same Format of who throws where and when after the switch.

Relay Exchange Zones

- 4x100/Throwers Relay- Gold

- 4x200- 2nd leg Green
 - o -3rd leg –Green
 - o -4th leg Gold



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- 4x400- Blue
- 4x800- Start on waterfall line
 - 2nd/3rd/4th leg use Blue (3rd leg spot of 4x4)
- SMR- 2nd leg Gold (2nd Leg of 4x1Mark)
 - 3rd leg Blue (2nd leg of 4X4 Mark) Runner cuts into lane 1 like 800 runners would
 - 4th leg Blue
- DMR- Start on Water Fall Line
 - Use 3rd Leg spot of 4X4 Blue



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