

# **WARRIOR RELAYS**

## **Friday**

### Schedule of Events

Computers available to make changes via [Athletic.net](http://Athletic.net) in the Press Box

#### **3:00 Coaches Meeting**

**In the Hospitality Room Under  
home side bleachers**

Please clear track for 3200 M Run 3:30-4:00

#### **3:30 Prayer**

**Girls** 3200 M Run

**Boys** 3200 M Run

#### **4:00 Group 1 Field Events**

Track is available to work hand-offs

**Girls** Shot                      **Boys** Shot

Triple Jump                      Long Jump

*Pole Vault (Sat)*                      High Jump

Please clear track for 4x800 Relay

**6:00 Girls** 4x800 Relay

**Boys** 4x800 Relay

#### **6:30 Group 2 Field Events**

Track is available to work hand-offs

**Girls** Discus                      **Boys** Discus

Long Jump                      Triple Jump

High Jump                      Pole Vault

### **Bus Parking:**

The Gravel lot on the Southeast side of  
Bowles Stadium, East of the scoreboard

# **Saturday**

## Schedule of Events

**8:00-9:00** Computers available to make changes via [Athletic.net](http://Athletic.net) in the Press Box

**9:00** **Coaches Meeting**  
**In the Hospitality Room Under home side bleachers**

**Girls Pole Vault**

**10:00** Prayer & National Anthem

**Timed Finals Only**

**Rolling Schedule**

**10:05** **4x100 Relay**

800 M Run

100 Hurdles

110 Hurdles

100 M Dash

**4x200 Relay**

400 M Run

300 Hurdles

200 M Dash

1600 M Run

**4x400 Relay**

***Medals & Trophies will be available in the PressBox***

***Results will be available at [athletic.net](http://athletic.net)***

1. Scoring will follow UIL standards
2. Participants may run two of the following: 800, 1600, or 3200 run.
3. Athletes may participate in three running and two field or two running and three field events.
4. Runners are to walk back in their lanes after each race.
5. All runners will be timed in each race except in the distance races.
6. No jewelry may be worn by participants.
7. Athletes warming up in the infield should not run along side or aid a runner in a race or move next to the track.