



Raider Relay's at West Rusk Junior High School  
March 21, 2016  
Schedule of Events

<b>2:45</b>	Scratch Meet	
<b>3:35</b>	Field Event	
	Shot Put	7G, 8G, 8B, 7B
	Discus	8B, 7B, 7G, 8G
	High Jump	7B, 8B, 7G, 8G
	Triple Jump (South Runway)	8B, 7B, 8G, 7G
	Pole Vault	7G, 8G, 7B, 8B
	Long Jump (North Runway)	8G, 7G, 8B, 7B
<b>4:00</b>	2400M Run	7G, 8G, 7B, 8B
<b>5:45</b>	400M Relay	
	800M Run	
	100/110 Hurdles	
	100M Dash	
	800M Relay	
	400M Dash	
	300M Hurdles	
	200M Dash	
	1600M Run	
	1600M Relay	

- All Running Events will be run as finals and will start at the end of the Field events.
- All Field Events will be finals: 3 throws/ Jumps
- Awards will be picked up by coaches at the conclusion of the meet at the press box, results will be emailed by the next morning.
- Meal tickets will be \$6.00. Please email me at \_\_\_\_\_ with an approximate total number of meals needed so that we may plan accordingly.
- Team Camps are allowed on the visitor side stands only. No food or drinks are allowed on the field. Only Coaches and Athletes will be allowed on the field during the running events.