

RANGER RELAYS---THURSDAY MARCH 18, 2010

SCHEDULE OF EVENTS:

4:00 ALL FIELD EVENTS, 4 JUMPS ONLY, NO DBL JUMPS!!

****VARSITY FIELD EVENTS WILL BE RUN w/the WIND!!**

N PIT

VB---L6---TJ, FOLLOWED BY LJ

VG---L2---TJ, FOLLOWED BY LJ

S PIT

JVB---L6---TJ, FOLLOWED BY LJ

JVG---L2---TJ, FOLLOWED BY LJ

HIGH JUMP:

VG, VB, JVG, JVB

POLE VAULT:--@ UPPER PRACTICE FIELD

VB, JVG, VG, JVB

SHOT PUT:**

JVG, JVB---lower ring

VB, VG-----lower ring

DISCUS**

JVB, JVG---lower ring

VG, VB-----lower ring

****We just built new shot & discus rings, they are behind the field house on our lower practice field**

5:00: RUNNING FINALS BEGIN—JVG, VG, JVB, VB

3200 M RUN

400 M RELAY

800 M RUN

100 M HURDLES

110 M HURDLES

100 M DASH

800 M RELAY

400 M DASH

300 M HURDLES

200 M DASH

1600 M RUN

1600 M RELAY