

# **SOUTH AUSTIN RELAYS**

## **APRIL 1, 2010**

**Schools:** Bowie, Austin, Anderson, Akins, Crockett, McCallum, LBJ, McNeil, Round Rock, Bastrop, Vista Ridge, Lanier

### **Field Events (1:00)**

**ALL FIELD EVENTS- 4 ATTEMPTS in the jumps(except HJ,PV)  
4 attempts in the throws**

<b>Discus</b>	<b>VG, JVG, VB, JVB</b>
<b>Triple Jump</b>	<b>VG, JVG, VB, JVB</b>
<b>Long Jump</b>	<b>VB, JVB, VG, JVG</b>
<b>Shot Put</b>	<b>VB, JVB, VG, JVG</b>
<b>High Jump</b>	<b>VG, VB, JVG, JVB</b>
<b>Pole Vault</b>	<b>VB, VG, JVB, JVG</b>

### **Running Events (1:30)**

<b>3200-Meter Run</b>	<b>JVG, VG, JVB, VB</b>
-----------------------	-------------------------

### **Running Events (4:00)**

<b>400-Meter Relay</b>	<b>JVG, VG, JVB, VB</b>
<b>800-Meter Run</b>	<b>JVG, VG, JVB, VB</b>
<b>100/110- Meter Hurdles</b>	<b>JVG, VG, JVB, VB</b>
<b>100- Meter Dash</b>	<b>JVG, VG, JVB, VB</b>
<b>800- Meter Relay</b>	<b>JVG, VG, JVB, VB</b>
<b>400- Meter Dash</b>	<b>JVG, VG, JVB, VB</b>
<b>300- Meter Hurdles</b>	<b>JVG, VG, JVB, VB</b>
<b>200- Meter Dash</b>	<b>JVG, VG, JVB, VB</b>
<b>1600- Meter Run</b>	<b>JVG, VG, JVB, VB</b>
<b>1600- Meter Relay</b>	<b>JVG, VG, JVB, VB</b>