



CANTON "EAGLE" RELAYS

TIME SCHEDULE AND ORDER OF EVENTS

TIMES

1:15 SCRATCHES AND COACHES MEETING IN WEIGHT ROOM

2:00 **PV/SHOT/DISCUS**

2:00 **3200 METER RUN (JV GIRLS/VAR GIRLS/JV BOYS/VAR BOYS)**

SHOT

VB

VG

JVG

JVB

DISCUS

VG

VB

JVB

JVG

POLE VAULT

VG (7'6')/ VB (10')

JVG (6'6") / JVB (8')

IN THE EVENT ONE OF YOUR ATHLETES IS ENTERED IN A FIELD EVENT AT THE SAME TIME AS THE 3200, HAVE THEM REPORT TO THE 3200 AND WE WILL ACCOMMODATE THEM AT THE FIELD EVENT WHEN THEY RETURN.

3:00 - RUNNING EVENTS (WILL START IMMEDIATELY AFTER 3200M RUN)

RUNNING ORDER: JV GIRLS / VARSITY GIRLS / JV BOYS / VARSITY BOYS

400 METER RELAY (**YELLOW EXCHANGE**)

800 METER RUN

100 METER HURDLES (**GIRLS /33" /SECOND HOLE FROM TOP**)

110 METER HURDLES (**BOYS / 39" / FOURTH HOLE FROM TOP**)

100 METER DASH

800 METER RELAY (**GREEN EXCHANGE / YELLOW EXCHANGE**)

400 METER RUN

300 M HURDLES (**GIRLS 30" 1ST HOLE AT TOP/BOYS 36" 3RD HOLE FROM TOP**)

200 METER DASH

1600 METER RUN

1600 METER RELAY (**BLUE EXCHANGE**)

10-15 MIN FOLLOWING THE RUNNING EVENTS

TRIPLE JUMP

VG Pit 6

VB Pit 6

LONG JUMP

VB

VG

HIGH JUMP

JVG (4'2)

JVB (5'2)

VG (4'6)

VB (5'6)

JV LG/TJ Share Runway

JVB LJ Pit 3

JVG TJ Pit 4

NUMBER OF THROWS/JUMPS: VARSITY (3) JUNIOR VARSITY (3)