

SUMMIT RELAYS

ORDER OF EVENTS

All Field Events and Running Events Start @ 9:00

(GIRLS FOLLOWED BY BOYS)

3 x 400m IH

4 x 100

4 x 800

Novice Sprint Medley (100, 100, 200, 400)

The "Rich Thomasey" Shuttle Hurdle Relay

Novice 4 x 800

Sprint Medley

Distance Medley

Novice 4 x 400

4 x 400

LJ - 9:00 - 11:00 (open pit) (2 person)-1 team per school)

TJ - 11:30 - 1:30 (open pit) (2 person)-1 team per school)

HJ - girls followed by boys (2 person)

PV- boys followed by girls (2 person -1 team per school)

Shot Put - girls followed by boys (3 person)

Discus - boys followed by girls (3 person)

Javelin - 9:00 - 12:00 (open pit) (3 person)

Please e-mail your HyTek roster By MARCH 28TH to Wayne Gardinerat: <wgard@optonline.net>