

Willie Ross Relays
March 27, 2009 @ Abe Martin Stadium

Events Schedule:

11:45-12:45pm - Scratch Meeting -located at the stadium in the Visitor's dressing room

1:00pm - Field Events

Pole Vault: Girls, Boys

High Jump: Boys, Girls

Triple Jump: Girls, Boys-pit located on the track

Long Jump: Boys, Girls- pit located behind the scoreboard

Shot Put: Girls, Boys

Discus: Boys, Girls

1:00pm – 3200m (Girls, Boys)

4:30pm - 1600m Run (slow heat)

5:00pm (Finals)

400m Relay- Girls, Boys

800m Run- Girls, Boys

100m Hurdles- Girls

110 H Hurdles- Boys

100m- Girls, Boys

800m Relay- Girls, Boys

400m Dash- Girls, Boys

300m Hurdles-Girls, Boys

200m Dash- Girls, Boys

1600m Run- Girls, Boys

1600m Relay- Girls, Boys

Trophy Presentation

***Field Events- everyone will get 3 throws/jumps, top 8 to finals (all throws/jumps carry over)

*****Please include times for heat designation on entry sheets- Entry Sheets due Tues, March 24th.**

Minimum throws/jumps:

LJ	B 20'0	Discus:	B 130'0
	G 16'0		G 95'0
TJ	B 40'0	HJ:	B 6'0
	G 33'0		G 4'8"
Shot	B 45'0	PV:	B 11'0
	G 32'0		G 7'0

