

PLANO EAST RELAYS

SATURDAY MARCH 7, 2009

PRELIMS: 8:00 A.M.

3200M RUN - FINAL
SHUTTLE HURDLE RELAY - FINAL
4 X 100M RELAY
100M DASH
4 X 200M RELAY - FINAL
400M DASH
300M INT. HURDLES
200M DASH
DISTANCE MEDLEY RELAY - FINAL
(800 - 400 - 1200 - 1600)

FINALS: 3:00 P.M.

4 X 100M RELAY
4 X 800M RELAY
100M DASH
400M DASH
SPRINT MEDLEY RELAY
(200 - 200 - 400 - 800)
300M INT. HURDLES
200M DASH
1600M RUN
4 X 400M RELAY

FIELD EVENTS:

8:00 A.M.

WEST SIDE:

LONG JUMP: VAR - JV
TRIPLE JUMP: JV - VAR
SHOT PUT: VAR

EAST SIDE:

POLE VAULT: JV -
VAR
SHOT PUT: JV

NORTH END:

HIGH JUMP: VAR

SOUTH END:

HIGH JUMP: JV

OUTSIDE STADIUM ACROSS STREET:

(FAR RING)

(NEAR RING)

DISCUS: JV

DISCUS: VAR

NOTE: JV RUNS FIRST FOLLOWED BY
VARSITY IN ALL RUNNING EVENTS

COACHES: WE WILL HAVE A RUNNING
SCHEDULE AND WILL START FINALS
AT 3:00 P.M. PROVIDED THERE IS
AN HOUR BETWEEN THE LAST PRELIM
EVENT. IF WE FINISH A LOT SOONER
WITH THE PRE EVENTS TO WARRANT
STARTING THE FINALS WE WILL MAKE
AN ANNOUNCEMENT AS TO WHEN
THEY WILL START.

TROPHIES: VARSITY & JV TEAM CHAMPION ALONG WITH
RUNNER UP IN EACH DIVISION

MEDALS: TOP THREE PLACES IN EACH EVENT AND MEDALS
FOR ALL RELAY TEAM MEMBERS