

Lake Worth Bullfrog Relays

Travelers	Dates	Destination
Varsity Boys & Girls JV Boys & Girls	2-20-2020	Lake Worth

Report to Field House @ 11:30

Depart *SportsYou App will be used for media and parent release*

11:45 *SPORTSYOU CODE: 7K6JNELM*

Arrive

12:45

Scratch Meeting upon arrival

Field Event Check-In *Coach Cox Warm-up and organize field events*

2:15 PM

3:00 PM 3200 runners start *JVG & JVB run together, VG, VB*

Running Events @ 4:30 PM *Coach Barnes Warm-up organize camp*

Time	Event	Notes
4:30	4x100 Relay	<i>JVG, VG, JVB, VB</i>
	800	<i>JVG, VG, JVB, VB</i>
	100m hurdles	<i>JVG, VG</i>
	110m hurdles	<i>JVB, VB</i>
	100	<i>JVG, VG, JVB, VB</i>
	4x200 Relay	<i>JVG, VG, JVB, VB</i>
	400	<i>JVG, VG, JVB, VB</i>
	300 hurdles	<i>JVG, VG, JVB, VB</i>
	200	<i>JVG, VG, JVB, VB</i>
	1600	<i>JVG & JVB run together, VG, VB</i>
	4x400 Relay	<i>JVG, VG, JVB, VB</i>
11:00 pm	HOME	<i>We will use sportsyou app to let parents know what time we finish.</i>

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