

# Lindsay Jr High Relays

Monday, February 24, 2025

## Schedule of Events

**3:45**

### **All Field Events Begin**

<u>Long Jump</u> (East pits)	8 <sup>th</sup> boys, 7 <sup>th</sup> boys, 7 <sup>th</sup> girls, 8 <sup>th</sup> girls
<u>Triple Jump</u> (West pits)	8 <sup>th</sup> girls, 7 <sup>th</sup> girls, 7 <sup>th</sup> boys, 8 <sup>th</sup> boys
<u>North Shot Put</u>	7 <sup>th</sup> boys, 7 <sup>th</sup> girls
<u>South Shot Put</u>	8 <sup>th</sup> girls, 8 <sup>th</sup> boys
<u>North Discus</u>	8 <sup>th</sup> boys, 8 <sup>th</sup> girls
<u>South Discus</u>	7 <sup>th</sup> girls, 7 <sup>th</sup> boys

\*Each competitor will receive 3 jumps or 4 throws.

\*HJ and PV use normal rules.

<u>High Jump</u>	7 <sup>th</sup> girls, 8 <sup>th</sup> girls, 7 <sup>th</sup> boys, 8 <sup>th</sup> boys
Opening Heights:	High Jump    Girls – 4'2 Boys - 4'6

<u>Pole Vault</u>	8 <sup>th</sup> boys, 7 <sup>th</sup> boys, 8 <sup>th</sup> girls, 7 <sup>th</sup> girls
Opening Heights:	Pole Vault    Girls - 6' Boys - 6'

**4:00**

**2400m. Run**      7th girls and boys together, 8th girls and boys together

**5:30**

**Running Events Begin**      7th girls, 8th girls, 7th boys, 8th boys

400m. Relay

800m. Run

100m. Hurdles

110m. Hurdles

100m. Dash

800m. Relay

400m. Dash

300m. Hurdles

200m. Dash

1600m. Run      (7th girls and boys together; 8th girls and boys together)

1600m. Relay

