

Panther Relays
Friday, March 28, 2025
at Zizzer Stadium

9:30 National Anthem – HV Choir

Running Event Schedule

9:31 2 Mile Boys/Girls (7-8) together
9:55 2 Mile Boys/Girls (5-6) together
*Unlimited participants may run 2 Mile
or 20:00 minutes
10:20 100m Hurdles (7-8) Boys
Multi Hurdles (7-8) Boys
100m Hurdles (5-6) Boys
10:45 100m Hurdles (7-8)Girls
Multi Hurdles (7-8) Girls
100m Hurdles (5-6) Girls
11:10 400m Relay (7-8)Boys
400m Relay(7-8) Girls
400m Relay (5-6) Boys
400m Relay (5-6) Girls
11:40 1600m Relay (7-8)Boys
1600m Relay (7-8)Girls
1600m Relay (5-6) Boys
1600m Relay (5-6) Girls
12:05 100m (7-8) Boys
100m (7-8)Girls
100m (5-6) Boys
100m (5-6) Girls
12:40 Mile (7-8) Boys
Mile (7-8)Girls
Mile (5-6) Boys
Mile (5-6) Girls
1:20 800m Relay (7-8)Boys
800m Relay (7-8) Girls
800m Relay (5-6) Boys
800m Relay (5-6) Girls
1:50 Multi 800 Boys/Girls
2:00 800m Medley Rel. (7-8) Boys
800m Medley Rel. (7-8) Girls
(100,100,200,400)

Field Events

11:01 – 12:00 Boys 7-8 Long Jump
Girls 7-8 Long Jump
Boys 5-6 Discus
Girls 5-6 High Jump
Girls 7-8 Shot Put
Boys/Girls Multi HJ
12:01 – 1:00 Boys 5-6 Long Jump
Girls 5-6 Long Jump
Girls 5-6 Discus
Girls 7-8 High Jump
Boys 7-8 Shot Put
Boys/Girls Multi Shot Put
1:01 – 2:00 Boys 7-8 Triple Jump
Girls 7-8 Triple Jump
Girls 7-8 Discus
Boys 5-6 High Jump
Girls 5-6 Shot Put
Boys/Girls Multi LJ
2:01 – 3:00 Boys 5-6 Triple Jump
Girls 5-6 Triple Jump
Boys 7-8 Discus
Boys 7-8 High Jump
Boys 5-6 Shot Put

Timers

Stacy Kutter, Brandi Montgomery, Jennifer
Ross, Ashley Bray, Amelia Henderson, Olivia
Luna, Mackenzie Langston, Dora

Caller – Kevin Browning

Video – Jason Harrill

Judges

Starter: Dan Taylor

Clerk: Krista Medina

Results: M.Miller /Kim Rogers/ H. Barcus

LJ/TJ Boys: Greg Dixon, Zack Feurt, Dora

LJ/TJ Girls: John Grisham, Michelle Melvin

Shot Put: Richard Forshee, Bryce Duddridge

Discus: Tony Brower, Kody Frederick, C. Gastineau

High Jump-1: Tracy Gendron, Kirk Hoffman

High Jump-2: Franklin Petion, H. Beazley

Bullpen: Nita Cawvey, Alicia Gunter,
Tim Smith

Multi-event Coordinator: J. Dixon

Meet Director / Announcer

Chad Dixon / Ramona Talburt

Meet Rules

- Times for running events are estimated. We will start each race immediately after the preceding race.
- 2 Relay Teams per school per division.
 - Per HCAA rules each School's second relay team will be scored below the first relay team of each school. Example a school may have the two fastest times in a relay event but only be awarded 1st place and 8th place if all schools have a relay team. This encourages smaller schools to put together relay teams.
- 4 athletes per event. 4 events per athlete.
- Pentathlon is for 7-8 grade divisions only and counts only as 1 event and is scored only as 1 event for the athlete and team.
- Jumps and Throws get 4 attempts. Multi Events get 3.
- Boys Shot Put will be 8lbs and the Girls Shot Put will be 6lbs. A competition Shot Put will be provided.
- Competitors must sign in with field judges before the field event starts and must inform the judge if they have to leave the field event area for a Track event. The competitor must immediately return after the Track event to complete all attempts. The competitor's remaining attempts will be scratched according to the field judge's discretion if the competitor doesn't return promptly.
- Field event warm-ups should be done with permission of the field event judge.
- Unlimited participants are allowed in the 2 Mile run. All participants will be given 20:00 minutes to run the 2-mile. After 20:00 minutes runners will be asked to leave the track for the next race. Participants being lapped will be asked to run in outer lanes for the remainder of their race.