

WESTLAKE LIONS RELAYS MEET SCHEDULE

Event	Time	Comments/Assignments
Coaches' Meeting	8:00	Infield
FIELD EVENTS		
Girls High Jump	9:00	Starting Height 4'8"
Boys Long Jump	9:00	3 Jumps, all 1 st jumps measured, remaining jumps only measured greater than 19'
Girls Pole Vault	9:00	Starting Height 6'6"
Girls Shot Put	9:00	3 Throws, all 1 st throws measured, remaining throws only measured greater than 30'
Boys Discus	9:00	3 Throws, all 1 st throws measured, remaining throws only measured greater than 100'
Girls Triple Jump	9:00	3 Jumps, all 1 st jumps measured, remaining jumps only measured greater than 30"
Girls Long Jump	11:00	3 Jumps, all 1 st jumps measured, remaining jumps only measured greater than 15'
Boys Pole Vault	11:00	Starting Height 9'0"
Girls Discus	11:00	3 Throws, all 1 st throws measured, remaining throws only measured greater than 80'
Boys Shot Put	11:00	3 Throws, all 1 st throws measured, remaining throws only measured greater than 40'
Boys High Jump	11:00	Starting Height 5'8"
Boys Triple Jump	11:00	3 Jumps, all 1 st jumps measured, remaining jumps only measured greater than 37"
RUNNING EVENTS		
Girls 3200m Run	9:00	
Boys 3200m Run	9:45	
Girls JV 1600m Run	10:15	
Boys JV 1600m Run	10:30	
Girls JV 1600m Sprint Medley	10:40	2-2-4-8
Boys JV 1600m Sprint Medley	10:55	2-2-4-8
Girls 1600m Sprint Medley	11:15	2-2-4-8
Boys 1600m Sprint Medley	11:35	2-2-4-8
Girls JV 4x100m Relay	1:00	Yellow exchange zones
Boys JV 4x100m Relay		Yellow exchange zones
Girls 4x100m Relay		Yellow exchange zones
Boys 4x100m Relay		Yellow exchange zones
Girls 4x800m Relay		One turn stagger, blue cut line
Boys 4x800m Relay		One turn stagger, blue cut line
Girls 100m Hurdles		33"
Boys 110m Hurdles		39"
Girls 4x100m Relay Throwers		Yellow exchange zones
Boys 4x100m Relay Throwers		Yellow exchange zones
Girls JV 100m Dash		
Boys JV 100m Dash		
Girls 100m Dash		
Boys 100m Dash		
Girls 400m Hurdles		

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Boys 400m Hurdles		
Girls 4x200m Relay		
Boys 4x200m Relay		
Girls Distance Medley		8-4-12-16
Boys Distance Medley		8-4-12-16
Girls JV 4x400m Relay		Three turn stagger
Boys JV 4x400m Relay		Three turn stagger
Girls 4x400m Relay		Three turn stagger
Boys 4x400m Relay		Three turn stagger
Awards		