

Crusader Relays
Saturday, February 17th 2024
Updated 1/23/24

8:00-8:30 Coaches Meeting. All final changes should be in Thursday before noon

9:00 am

800 Sprint Medley Relay (100-100-200-400) girls/boys

4x1600 Special Relay girls/boys

3200 meter run

9:00 am Field Events

Long Jump/ Triple Jump: Girls is North Pit

Long Jump/ Triple Jump: Boys is South Pit

Shot Put: girls/boys

Discus: boys/girls

High Jump: boys/girls

Pole Vault: girls/boys

11:30am- We will NOT wait for the conclusion of the Field events. Please plan accordingly.

Distance Medley Relay (1200-400-800-1600) girls/boys

Swedish Relay (100-200-300-400) girls/boys

Lunch will be served from 12:00PM-1:00PM

OPEN MILE- This is a non-scoring event anyone can run. Boys, Girls, Men and Women will be combined.

Running Finals will begin @ 2PM

ALL FINALS GIRLS FOLLOWED BY BOYS

4 x 100 meter relay

4 x 800 meter relay

100 hurdles

110 hurdles

100 meter dash

4 x 200 meter relay

300 meter hurdles

1600 meter Sprint Medley Relay (200-200-400-800)

1600 meter run

4 x 400 meter relay