

We are bringing back the Westminster Relays!!!

Top 3 individuals per event receive medals. Top 3 teams per gender receive trophies. All field events contested. Short and long hurdles contested. Showcase 100 m dash contested. Limit 2 athletes per individual event per school. Limit 2 relay teams per relay event per school. A contestant may compete in a maximum of 5 events. Individual may enter into 2 individual events and 3 relays.

Meet Schedule:

10:00 am Event / Minimum Mark

BOYS DISCUS THROW / 75'-0" BOYS POLE VAULT / 9'-0" GIRLS HIGH JUMP / 4'-4"

GIRLS LONG JUMP / 12'-0" BOYS TRIPLE JUMP / 34'-0" GIRLS SHOT PUT / 20'-0"

11:00 am Event / Minimum Mark

GIRLS DISCUS THROW / 50'-0" GIRLS POLE VAULT / 6'-0" BOYS HIGH JUMP / 5'-2"

BOYS LONG JUMP / 16'-0" GIRLS TRIPLE JUMP / 25'-0" BOYS SHOT PUT / 30'-0"

11:00 am 4x1600m Relay (girls then boys)

12:00 pm 4x100m Relay

12:15 pm 1600m Sprint Medley Relay (200-200-400-800)

1:05 pm Throwers 4x100m Relay (1 team per school)

1:10 pm Showcase 100 m Dash (Top 16 verified seeds qualify)

1:15 pm 4x800m Relay

1:45 pm 100 m Hurdles / 110 m Hurdles

2:00 pm 800m Sprint Medley (100-100-200-400)

2:15 pm 4x200m Relay

2:45 pm 300 m Hurdles

3:15 pm Distance Medley (1200-400-800-1600)

3:45 pm 4x400m Relay

4:30 pm Individual & Team Awards

Location: The Westminster Schools

1424 West Paces Ferry Rd.

Atlanta, Ga 30327