

## WESTLAKE LIONS RELAYS MEET SCHEDULE

| Event                        | Time  | Comments  |
|------------------------------|-------|---|
| Coaches' Meeting             | 8:00  | Infield   |
| <b>FIELD EVENTS</b>          |       |   |
| Girls High Jump              | 9:00  | Starting Height 4'8" <b>Westlake</b>  |
| Boys Long Jump               | 9:00  | 3 Jumps, all 1 <sup>st</sup> jumps measured, remaining jumps only measured greater than Charles <b>Westlake</b> |
| Girls Pole Vault             | 9:00  | Starting Height 6'6"  |
| Girls Shot Put               | 9:00  | 3 Throws, all 1 <sup>st</sup> throws measured, remaining throws only measured greater than 30'                  |
| Boys Discus                  | 9:00  | 3 Throws, all 1 <sup>st</sup> throws measured, remaining throws only measured greater than 100'                 |
| Girls Triple Jump            | 9:00  | 3 Jumps, all 1 <sup>st</sup> jumps measured, remaining jumps only measured greater than 30"                     |
| Girls Long Jump              | 11:00 | 3 Jumps, all 1 <sup>st</sup> 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 <sup>st</sup> throws measured, remaining throws only measured greater than <b>80'</b>           |
| Boys Shot Put                | 11:00 | 3 Throws, all 1 <sup>st</sup> throws measured, remaining throws only measured greater than 40"                  |
| Boys High Jump               | 11:00 | Starting Height 5'8" <b>Westlake</b>  |
| Boys Triple Jump             | 11:00 | 3 Jumps, all 1 <sup>st</sup> jumps measured, remaining jumps only measured greater than 37"                     |
| <b>RUNNING EVENTS</b>        |       |   |
| 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 |  | 12-4-8-16          |
| Boys Distance Medley  |  | 12-4-8-16          |
| 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                |  |                    |