

3rd ANNUAL JOHNNY "LAM" JONES RELAYS SCHEDULE OF EVENTS

3:00pm COACHES SCRATCH MEETING - Meeting room inside the Field House

4:00pm 3200 METER RUN (JVG/JVB/VG/VB)

4:00pm FIELD EVENTS

LONG JUMP: Pit #1 JVB/VB Pit #2: JVG/VG
TRIPLE JUMP: Pit #1: VB/JVB Pit #2: G/JVG
HIGH JUMP: Pit #1: VG, VB Pit #2: JVG, JVB
SHOT PUT: Ring #1: VG, VB Ring #2: JVB, JVG
DISCUS: Ring #1: VB, VG Ring #2: JVG, JVB

POLE VAULT: Pit #1: JVG, VG, JVB, VB

6:00pm RUNNING FINALS - or 30 minutes after conclusion of last field event (PV excluded)

The order will be JVG, JVB, VG, VB for all events except as noted below.

400 Meter Relay

800 Meter Run

100/110 Meter Hurdles (JVG, VG, JVB, VB)

100 Meter Dash

100 Meter Dash (Special Olympics Event)

800 Meter Relay

400 Meter Dash

300 Meter Int. Hurdles (JVG, VG, JVB, VB)

200 Meter Dash

1600 Meter Run

1600 Meter Relay