

SOUTH GRAY JUNIOR HIGH SCHOOL
14th ANNUAL REBEL RELAYS
ORDER OF EVENTS MARCH 30, 2026

Coaches Meeting 1:30 PM
Field Events 2:00 PM
Finals 4:00 PM

FIELD EVENTS: 2:00 PM (3 attempts per athlete, except in the PV & HJ)

Pole Vault --- Boys - 6th & 7/8 Grade followed by Girls - 6th & 7/8 Grade,
(6th & 7/8 will compete at the same time, and we will separate them after the event.)

High Jump ---- Girls - 7/8 Grade, followed by 6th Grade (South Pit)
Boys - 6th Grade, followed by 7/8 Grade (North Pit)

Discus ----- Girls - 6th Grade, followed by Girls - 7/8th Grade (East Ring) **Use the HS Girls discus**
Boys - 7/8th Grade, followed by Boys - 6th Grade (West Ring) **Use the HS Girls Discus**

Shot ----- Girls - 7/8 Grade followed by Girls - 6th Grade (West Ring) **Both will use the 6lb Shot**
Boys - 6th Grade followed by Boys - 7/8 Grade (East Ring) **6th- 6lb shot, 7/8- 4K shot**

Long Jump — Boys - 7/8 Grade (RUNWAY "A" EAST PIT)
Boys - 6th Grade (RUNWAY "A" WEST PIT)
Girls - 7/8 Grade (RUNWAY "B" EAST PIT)
Girls - 6th Grade (RUNWAY "B" WEST PIT)

Triple Jump - Boys- 7/8 Grade (RUNWAY "C" EAST PIT)
Boys - 6th Grade (RUNWAY "C" WEST PIT)
Girls - 7/8 Grade (RUNWAY "D" EAST PIT)
Girls - 6th Grade (RUNWAY "D" WEST PIT)

3200 M RUN: 2:30 PM Girls - 6th & 7/8 followed by Boys - 6th & 7/8

(6th & 7/8 will compete at the same time, and we will separate them after the event.)

FINALS: 4:00 PM

Girls 6th 100 M Hurdles **30"** **All the 100 M hurdles will use the HS Girls marks**
Boys 6th 100 M Hurdles **30"**

Girls 7/8 100 M Hurdles **30"**
Boys 7/8 100 M Hurdles **33"**

Girls 6th 100 M Dash
Boys 6th 100 M Dash

Girls 7/8 100 M Dash
Boys 7/8 100 M Dash

Girls 6th & 7/8 1600 M Run (6th & 7/8 will compete at the same time, and we will separate them after the event.)
Boys 6th & 7/8 1600 M Run (6th & 7/8 will compete at the same time, and we will separate them after the event.)

Girls 6th 4x100 M Relay
Boys 6th 4x100 M Relay

Girls 7/8 4x100 M Relay
Boys 7/8 4x100 M Relay

Girls 6th 400 M Dash
Boys 6th 400 M Dash

Girls 7/8 400 M Dash
Boys 7/8 400 M Dash

Girls 6th 4x200 M Relay
Boys 6th 4x200 M Relay

Girls 7/8 4x200 M Relay
Boys 7/8 4x200 M Relay

Girls 6th 800 M Run
Boys 6th 800 M Run

Girls 7/8 800 M Run
Boys 7/8 800 M Run

Girls 6th 200 M Hurdles **30"**
Boys 6th 200 M Hurdles **30"**

Girls 7/8 200 M Hurdles **30"** **The 200 M hurdles will use the HS 300 M hurdle markings.**
Boys 7/8 200 M Hurdles **30"**

Girls 6th 200 M Dash
Boys 6th 200 M Dash

Girls 7/8 200 M Dash
Boys 7/8 200 M Dash

Girls 6th Medley Relay (100-100-200-400)
Boys 6th Medley Relay (100-100-200-400)

Girls 7/8 Medley Relay (100-100-200-400)
Boys 7/8 Medley Relay (100-100-200-400)