

SOUTH GRAY HIGH SCHOOL
23th ANNUAL
JAMES McMILLAN REBEL RELAYS
ORDER OF EVENTS APRIL 24, 2026

Coaches Meeting	2:15 PM (in the bus barn)
Field Events	3:00 PM
Preliminaries	5:00 PM
Finals	45 Min after Prelims

FIELD EVENTS: 3:00 PM **There will be only 4 attempts in the Dis, Jav, Shot, LJ, TJ**

Pole Vault - ----- **Girls** followed by **Boys**
High Jump ----- **Boys** followed by **Girls**
Discus - ----- **Girls** (East Ring), **Boys** (West Ring)
Javelin - ----- **Boys** (South of Pine Trees), **Girls** (on the practice FB field)
Shot - ----- **Girls** (West Ring), **Boys** (East Ring)
Long Jump - ----- **Boys** (Runway "A" East pit), **Girls** (Runway "C" East pit)
Triple Jump ----- **Boys** (Runway "B" West pit), **Girls** (Runway "D" West pit)

PRELIMINARIES: 5:00 PM **Seven will qualify for finals, by place and time**

Girls 100m Dash
Boys 100m Dash
Girls 200m Dash
Boys 200m Dash
Boys 110m High Hurdles
Girls 100m High Hurdles
Girls 4 x 800 Relay
Boys 4 x 800 Relay

MEAL BREAK FOR COACHES AND WORKERS

FINALS: 45 Minutes After Prelims

Girls 100m High Hurdles
Boys 110m High Hurdles
Girls 100m Dash
Boys 100m Dash
Girls 1600m Run
Boys 1600m Run
Girls Medley Relay (200,200,400,800)
Boys Medley Relay (200,200,400,800)
Girls 4 x 100m Relay
Boys 4 x 100m Relay
Girls 400m Dash
Boys 400m Dash
Girls 300m Low Hurdles
Boys 300m Int. Hurdles
Girls 800m Run
Boys 800m Run
Girls 200m Dash
Boys 200m Dash
Girls 3200m Run
Boys 3200m Run
Girls 4 x 400m Relay
Boys 4 x 400m Relay