

## Beaver Bend Relays

### Field Events

Discus B-G

Shot G-B

Long Jump G-B

High Jump B-G

Opening heights

Boys HJ 5'2"

Girls HJ 4'2"

Measure Throws

Boys Shot 40'

Girls Shot 28'

Boys Discus 110'

Girls Discus 80'

### Running Events

400 Relay G-B

3200 Relay G-B

100 Hurdles G

110 Hurdles B

3200 Run B

800 Relay G-B

800 Run G-B

100 Dash G-B

3200 Run G

400 Dash G-B

300 Hurdles G-B

200 Dash G-B

1600 Run G-B

1600 Relay G-B

We will heat at the Benches

If you need to enter extra people see Coach Minor

Beaver Bend Relay will be held at Minor Track and Field Complex on April 22<sup>nd</sup>, 2016. The starting time will be 2:00P.M. Coaches meeting at 1:30 P.M. in the Coaches Office.

The entry fee: 75.00 per team

Awards: medals for 1-3 place

Limitations: three per event and four events per student, one relay team per relay race.

Please have students stay away from the finish line, warm up on the infield.

Heating will be done on the field.

Short spikes only.

Coaches if you need to enter more Athletes in an event see Coach Minor.

Hope to see you there.

Coach Lee phone number 580-579-3606, Coach Minor 580-236-1768