

70TH ANNUAL CHINO RELAYS



ORDER OF RUNNING EVENTS

100m Shuttle hurdles relay girls – **9:00am**

110m Shuttle hurdles relay boys – **9:30am**

Open 200 girls then boys – **10:00am**

Invite 200m girls then boys – **10:30am**

4 x 1600m relay girls then boys - **11:00am**

SMR (2-2-4-8) relay girls then boys - **12 noon**

4 x 200m girls then boys - **12:30pm**

4x 800m girls then boys – **1:00pm**

4x 100m girls then boys – **1:30pm**

DMR (12-4-8-16) girls then boys – **2:00pm**

Depending on teams we may combine heats

4 x 400m relay girls then boys – **3:00pm**

4 x 100 throwers relay **3:30pm**

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ORDER OF FIELD EVENTS

**Weighing and impounding of implements
for shot and discus at 8am.**

Shot put boys (2 rings) – 8:30am

Discus girls (2 rings) – 8:30am

Shot put girls (2 rings) – 11:30am

Discus boys (2 rings) – 11:30am

Long jump boys (pit 1) - 8:30am

Long jump girls (pit 2) – 8:30am

Triple jump - same pits ---12 noon

Pole Vault boys (pit 1) – 8:30am

Pole Vault girls (pit 2) – 8:30am

High Jump (pit 1) girls – 12 noon

High Jump (pit 2) boys – 12 noon

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TRACK AND FIELD



Please note we will attempt to run a tight schedule. Please remind your athletes to listen for their events. And when necessary we may run events earlier if possible.

****Medals will be handed out in the infield as soon as the results are official. Only one person from a relay team can pick up your medals. Also any Coach is allowed to pick up their team medals.**