

HERB SCHMIDT RELAYS TIME SCHEDULE

Friday, April 20, 2018

Location: York Suburban High School - <https://bit.ly/2vqW18w>

1. 3:30 PM – 4:45 Senior High Girls Javelin, Junior High Shot Put, Senior High Boys Discus, Junior High Jump (Starting Heights 4' 0" for girls and 4' 6" for boys and the other jumper may continue, if one of the jumpers No Heights), Senior High Girls Long Jump, Senior High Boys Triple Jump (Warm-ups 3:00 PM – 3:25 PM & **Discus Weigh in @3:00 PM**)
2. 3:45 PM – 5:45 PM Senior High Girls Pole Vault Relay (Warm-ups @3:00 PM with starting height @7' 0" and 2nd girl may continue, if 1st girl No Heights)
3. 5:15 PM – 6:30 PM Senior High Boys Javelin, Junior High Discus, Senior High Girls Shot Put, Senior High Boys High Jump (Starting Height @5' 2" and 2nd boy may continue, if 1st boy No Heights), Junior High Long Jump, Senior High Girls Triple Jump (Warm-ups 4:45 PM – 5:10 PM & **Discus Weigh in @4:45 PM**)
4. 6:30 PM – 8:30 PM Senior High Boys Pole Vault Relay (Warm-ups @conclusion of girls pole vault with starting height of 9' 0" and 2nd boy may continue, if 1st boy No Heights)
5. 7:00 PM – 8:15 PM Senior High Boys Shot Put, Senior High Girls Discus, Senior Girls High Jump (Starting Height @4' 4" and 2nd girl may continue, if 1st girl No Heights), and Senior High Boys Long Jump (Warm-ups 6:30 PM – 6:55 PM & **Discus Weigh in @6:30 PM**)
6. 4:00 PM Shuttle Hurdle Relay - Junior High Co-Ed (G-B-G-B)
7. 4:20 PM Shuttle Hurdle Relay - Senior High Co-Ed (G-B-G-B)
8. 4:40 PM 4 X 1600M Relay - Senior High Co-Ed (G-B-G-B)
9. 5:15 PM 400M Relay - Senior High Girls
10. 5: 30 PM 400M Relay - Junior High Boys
11. 5:45 PM 400M Relay - Junior High Girls
12. 6:00 PM 400M Relay - Senior High Boys
13. 6:15 PM 3200M Relay - Junior High Co-Ed (G-B-G-B-)
14. 6:35 PM 3200M Relay - Senior High Girls
15. 6:55 PM 3200M Relay - Senior High Boys
16. 7:15 PM Sprint Medley - Senior High Girls (100-100-200-400)
17. 7:30 PM Sprint Medley - Senior High Boys (100-100-200-400)
18. 7:45 PM Distance Medley - Senior High Girls (800-1200-800-2400)
19. 8:05 PM Distance Medley - Senior High Boys (800-1200-800-2400)
20. 8:25 PM 1600M Relay - Junior High Girls
21. 8:40 PM 1600M Relay - Junior High Boys
22. 8:55 PM 1600M Relay - Senior High Girls
23. 9:10 PM 1600M Relay - Senior High Boys