

HERB SCHMIDT RELAYS TIME SCHEDULE

Friday, April 5, 2019

1. 3:00 PM – 4:15 Senior High Boys Javelin, Junior High Shot Put, Senior High Girls Discus, Senior High Girls High Jump (Starting Height @4' 4" and 2nd girl may continue, if 1st girl No Heights), Senior High Boys Long Jump (Warm-ups @2:30 PM – 2:55 PM & **Discus & Shot Weigh in @2:25 PM**)
2. 3:15 PM – 5:15 PM Senior High Girls Pole Vault Relay (Warm-ups @2:30 PM with starting height @7' 0" and 2nd girl may continue, if 1st girl No Heights)
3. 4:45 PM – 6:00 PM Senior High Girls Javelin, Junior High Discus, Senior High Boys 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 @4:15 PM – 4:40 PM & **Discus & Shot Weigh in @4:15 PM**)
4. 6:00 PM – 8:00 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. 6:30 PM – **7:45 PM** Senior High Boys Discus, Senior High Girls Shot Put, 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), and Senior High Girls Long Jump, Senior High Boys Triple Jump, (Warm-ups @6:00 PM – 6:25 PM & **Discus & Shot Weigh in @6:00 PM**)
6. 3:00 PM Coach's Meeting
7. 3:30 PM Shuttle Hurdle Relay - Junior High Co-Ed (G-B-G-B)
8. 3:50 PM Shuttle Hurdle Relay - Senior High Co-Ed (G-B-G-B)
9. 4:10 PM 4 X 1600M Relay - Senior High Co-Ed (G-B-G-B)
10. 4:45 PM 400M Relay - Junior High Girls
11. 5: 00 PM 400M Relay - Junior High Boys
12. 5:15 PM 400M Relay - Senior High Girls
13. 5:30 PM 400M Relay - Senior High Boys
14. 5:45 PM 3200M Relay - Junior High Co-Ed (G-B-G-B-)
15. 6:05 PM 3200M Relay - Senior High Girls
16. 6:25 PM 3200M Relay - Senior High Boys
17. 6:45 PM Sprint Medley - Senior High Girls (100-100-200-400)
18. 7:00 PM Sprint Medley - Senior High Boys (100-100-200-400)
19. 7:15 PM Distance Medley - Senior High Girls (800-1200-800-2400)
20. 7:35 PM Distance Medley - Senior High Boys (800-1200-800-2400)
21. 7:55 PM 1600M Relay - Junior High Girls
22. 8:10 PM 1600M Relay - Junior High Boys
23. 8:25 PM 1600M Relay - Senior High Girls
24. 8:40 PM 1600M Relay - Senior High Boys

If we run ahead of schedule on the track, we will continue to run ahead of the schedule! Reminder, boy's pole vault warm-ups will begin immediately following the girl's pole vault. Please have athletes report to the field event on time. **Coach's Box for Jumping Events: High Jump – Facing the bar, left of the jumping apron, Pole Vault – end zone at the takeoff area, Long Jump – End Zone at takeoff boards, and Triple Jump – Between the turn and runway at takeoff boards. Note: **Only coaches** are permitted in these designated areas, **NO athletes or family members** are permitted in these designated areas. If anyone else is found in these designated areas, they will be asked to remove themselves. Coaches, please be respectful of the spectators in your area.**