

5/5/2009

2009 JV Little Hawk Co-ed Track Invitational Lane Assignments

4:30	Boys Discus (4 throws) Boys High Jump (5'0)	Girls Shot Put (4 throws) Girls Long Jump (4 jumps)
5:30	Boys Shot Put (4 throws) Boys Long Jump (4 Jumps)	Girls Discus (4 throws) Girls High Jump (4'0)

5:00pm Running Events

3000 meter run G	just line them up
4 X 800 meter relay B	just line them up
4 X 800 meter relay G	just line them up
3200 meter run B	just line them up
Shuttle hurdle relay B	1-2 city 3-4 wash 5-6 regina 7-8 ww
Shuttle hurdle relay G	1-2 city 3-4 wash 5-6 city 7-8 wash
100 meter dash G	1 wash2city3wash4city5wash6city7wash8city
100 meter dash B	1 wash2regina3ww4city5wash6regina7ww8 city
Distance medley relay G	1city2wash3city4wash5city6wash7city8wash
400 meter dash G	1 wash2city3wash4city5wash6city7wash8city
400 meter dash B	1regina2ww3city4wash5regina6ww7city8wash
4 X 200 meter relay G	1city2wash3city4wash5city6wash7city8wash
4 X 200 meter relay B	1ww2city3wash4regina5ww6city7wash8regina
100 meter hurdles G	1 wash2city3wash4city5wash6city7wash8city
110 meter hurdles B	1 city2wash3regina4ww5city6wash7regina 8ww
1600 meter run B	just line them up
800 meter run G	just line them up
200 meter dash G	1city2wash3city4wash5city6wash7city8wash
200 meter dash B	1 wash2regina3ww4city5wash6regina7ww8 city
400 meter hurdles G	1 wash2city3wash4city5wash6city7wash8city
400 meter hurdles B	1regina2ww3city4wash5regina6ww7city8wash
1600 meter medley relay B	1ww2city3wash4regina5ww6city7wash8regina
Sprint medley relay G	1city2wash3city4wash5city6wash7city8wash
1500 meter run G	just line them up
800 meter run B	just line them up
4 X 100 meter relay G	1 wash2city3wash4city5wash6city7wash8city
4 X 100 meter relay B	1 city2wash3regina4ww5city6wash7regina 8ww
4 X 400 meter relay G	1city2wash3city4wash5city6wash7city8wash
4 X 400 meter relay B	1 wash2regina3ww4city5wash6regina7ww8 city

