**Conference Relays 2016**

**Waukesha North High School**

**Bus Departs Waukesha South 8:30 am**

**All Classic 8 Teams GIRL’S ONLY - Varsity and JV**

All FIELD EVENT ATHLETES need to be at North by 8:45 am

Running Event Athletes, please see your event coach for your arrival time.

9:15 am - Coaches Meeting

10:00 am - All Field Events

10:00 am - 6400 Relay ( 4x 1600)

11:30 am - FIRM all other running events begin.

**11:30 am-Running Events**-

In all running events the Varsity will run before the JV and the following order will be used:

300m High Hurdles (not a shuttle)

1600m Medley Relay-200x200x400x800

400m Relay

3200m Relay

800m Relay

Distance Medley Relay-400x800x1200x1600

900m Hurdle Relay

1600m Relay

The meet should be over between 2:00 pm and 2:30 pm.

**Weather:** Low 60’s with Sun… Should be a great day to compete…..