



Sanger Indian Relays



High School Meet Itinerary

3:45 pm Field Events (3 jumps/3 throws)

VB –VG Discus#1

JVG–JVB Discus #2

VG–VB Shot Put Ring #1

JVB–JVG Shot Put Ring #2

JVB–VB–VG–JVG High Jump

VB–VG–JVB–JVG Pole Vault

JVB/JVG Long Jump (On home side in fenced in area)

VG/VB Long Jump (On track on home side)

JVG/JVB Triple Jump (Pit by pole vault)

VB/VG Triple Jump (On track on visitor side)

4:30 pm 3200m– Running Order (JVG–VG–JVB–VB)

5:30 pm Running Events – Running Order (JVG–VG–JVB–VB)

4X100m Relay

800m

100m hurdles (girls)

110m hurdles (boys)

100m

4X200m relay

400m

300m hurdles

200m

1600m

4X400m relay



Sanger Indian Relays



Middle School Meet Itinerary

3:45 pm Field Events (3 jumps/3 throws)

8th boys –8th girls **Discus#1**

7th girls–7th boys **Discus #2**

8th girls–8th boys **Put Ring #1**

7th boys–7th girls **Shot Put Ring #2**

7th boys–8th boys–8th girls–7th girls **High Jump**

8th boys–8th girls–7th boys–7th girls **Pole Vault**

7th boys/7th girls **Long Jump** (On home side in fenced in area)

8th girls/8th boys **Long Jump** (On track on home side)

7th girls/7th boys **Triple Jump** (Pit by pole vault)

8th boys/8th girls **Triple Jump** (On track on visitor side)

4:30 pm 2400m–Running Order (7th G–8th G–7th B–8th B)

5:30 pm Running Events – Running Order (7th G–8th G–7th B–8th B)

4X100m Relay

800m

100m hurdles (girls)

110m hurdles (boys)

100m

4X200m relay

400m

300m hurdles

200m

1600m

4X400m relay