

GENERALS RELAYS

March 8, 2023

FIELD EVENTS

9:00 AM

Div 1 & 2 JR High Girls Shot Put
Div 1 & 2 JR High Boys Shot Put
Div 1 & 2 Varsity Girls Discus
Div 1 & 2 Varsity Boys Discus
Div 1 & 2 JR High Girls High Jump
Div 1 & 2 JR High Boys High Jump
Div 1 & 2 Varsity Girls Long Jump
Div 1 & 2 Varsity Boys Long Jump
Div 1 & 2 JR Boys Pole Vault

9:30 AM

Div 1 & 2 JR High Girls Pole Vault

10:00 AM

Div 1 & 2 Varsity Girls Shot Put
Div 1 & 2 Varsity Boys Shot Put
Div 1 & 2 JR High Girls Discus
Div 1 & 2 JR High Boys Discus
Div 1 & 2 Varsity Girls High Jump
Div 1 & 2 Varsity Boys High Jump
Div 1 & 2 JR High Girls Long Jump
Div 1 & 2 JR High Boys Long Jump
Div 1 & 2 Varsity Boys Pole Vault

11:00 AM

Div 1 & 2 JR High Girls Triple Jump
Div 1 & 2 JR High Boys Triple Jump
Div 1 & 2 Varsity Girls Pole Vault

12:00 PM

Div 1 & 2 Varsity Girls Triple Jump
Div 1 & 2 Varsity Boys Triple Jump

RUNNING EVENTS

12:30 Div 1 & 2 Varsity Girls 3200m Run

12:50 Div 1 & 2 JR Boys 3200m Run

1:15 NATIONAL ANTHEM

1:20 Div 1 JR High Girls 300m Hurdles

1:22 Div 2 JR High Girls 300m Hurdles

1:24 Div 1 Varsity Girls 300m Hurdles

1:26 Div 2 Varsity Girls 300m Hurdles

1:28 Div 1 JR High Boys 300m Hurdles

1:30 Div 2 JR High Boys 300m Hurdles

1:37 Div 1 Varsity Boys 300m Hurdles

1:39 Div 2 Varsity Boys 300m Hurdles

1:46 Div 1 JR High Girls 800m Relay

1:49 Div 2 JR High Girls 800m Relay

1:52 Div 1 Varsity Girls 800m Relay

1:55 Div 2 Varsity Girls 800m Relay

1:58 Div 1 JR High Boys 800m Relay

2:01 Div 2 JR High Boys 800m Relay

2:04 Div 1 Varsity Boys 800m Relay

2:07 Div 2 Varsity Boys 800m Relay

2:10 Div 1 & 2 JR High Girls 3200m Relay

2:25 Div 1 & 2 Varsity Girls 3200m Relay

2:40 Div 1 & 2 JR High Boys 3200m Relay

2:55 Div 1 & 2 Varsity Boys 3200m Relay

3:10 Div 1 JR High Girls 400m Relay

3:13 Div 2 JR High Girls 400m Relay

3:16 Div 1 Varsity Girls 400m Relay

3:19 Div 2 Varsity Girls 400m Relay

3:22 Div 1 JR High Boys 400m Relay

3:25 Div 2 JR High Boys 400m Relay

3:28 Div 1 Varsity Boys 400m Relay

3:31 Div 2 Varsity Boys 400m Relay

3:47 Div 1 JR High Girls 100m Hurdles

3:49 Div 2 JR High Girls 100m Hurdles

3:51 Div 1 Varsity Girls 100m Hurdles

3:53 Div 2 Varsity Girls 100m Hurdles

3:55 Div 1 JR High Boys 110m Hurdles

3:57 Div 2 JR High Boys 110m Hurdles

4:02 Div 1 Varsity Boys 110m Hurdles

4:04 Div 2 Varsity Boys 110m Hurdles

4:09 Div 1 JR High Girls 100m Dash

4:11 Div 2 JR High Girls 100m Dash
4:13 Div 1 Varsity Girls 100m Dash
4:15 Div 2 Varsity Girls 100m Dash
4:17 Div 1 JR High Boys 100m Dash
4:19 Div 2 JR High Boys 100m Dash
4:21 Div 1 Varsity Boys 100m Dash
4:23 Div 2 Varsity Boys 100m Dash
4:26 Div 1 JR High Girls 1600m Run
4:35 Div 2 JR High Girls 1600m Run
4:44 Div 1 Varsity Girls 1600m Run
4:53 Div 2 Varsity Girls 1600m Run
5:02 Div 1 JR High Boys 1600m Run
5:11 Div 2 JR High Boys 1600m Run
5:20 Div 1 Varsity Boys 1600m Run
5:29 Div 2 Varsity Boys 1600m Run
5:38 Div 1 JR High Girls 400m Dash
5:41 Div 2 JR High Girls 400m Dash
5:44 Div 1 Varsity Girls 400m Dash
5:47 Div 2 Varsity Girls 400m Dash
5:50 Div 1 JR High Boys 400m Dash
5:53 Div 2 JR High Boys 400m Dash
5:56 Div 1 Varsity Boys 400m Dash
5:59 Div 2 Varsity Boys 400m Dash
6:02 Div 1 JR High Girls 800m Run
6:07 Div 2 JR High Girls 800m Run
6:12 Div 1 Varsity Girls 800m Run
6:17 Div 2 Varsity Girls 800m Run
6:22 Div 1 JR High Boys 800m Run
6:27 Div 2 JR High Boys 800m Run
6:32 Div 1 Varsity Boys 800m Run
6:37 Div 2 Varsity Boys 800m Run
6:42 Div 1 JR High Girls 200m Dash
6:44 Div 2 JR High Girls 200m Dash
6:46 Div 1 Varsity Girls 200m Dash
6:48 Div 2 Varsity Girls 200m Dash
6:50 Div 1 JR High Boys 200m Dash
6:52 Div 2 JR High Boys 200m Dash
6:54 Div 1 Varsity Boys 200m Dash
6:56 Div 2 Varsity Boys 200m Dash
6:59 Div 1 & 2 Varsity Boys 3200m Run
7:14 Div 1 JR High Girls 1600m Relay
7:19 Div 2 JR High Girls 1600m Relay
7:24 Div 1 Varsity Girls 1600m Relay
7:29 Div 2 Varsity Girls 1600m Relay

7:34 Div 1 JR High Boys 1600m Relay
7:39 Div 2 JR High Boys 1600m Relay
7:44 Div 1 Varsity Boys 1600m Relay
7:49 Div 2 Varsity Boys 1600m Relay

OPENING HEIGHTS

JR High Girls' High Jump	3' 8"	Raise in 2" Intervals
JR High Boys' High Jump	4' 10"	Raise in 2" Intervals
Varsity Girls' High Jump	4' 0"	Raise in 2" Intervals
Varsity Boys' High Jump	5' 2"	Raise in 2" Intervals
JR High Girls' Pole Vault	6'6"	Raise in 6" Intervals
Varsity Girls Pole Vault	7'	Raise in 6" Intervals
JR High Boys Pole Vault	7'6"	Raise in 6" Intervals
Varsity Boys Pole Vault	8'	Raise in 6" Intervals

Hurdle Heights	
JVG / JVB / Varsity Girls' 300 Meter Low Hurdle Height	30"
Varsity Boys' 300 Meter Intermediate Hurdle Height	36"
JVG / Varsity Girls' 100 Meter Low Hurdle Height	33"
JVB 110 Low Hurdle Height	33"
Varsity Boys' 110 Meter High Hurdle Height	39"

******(Participants in the Shot Put, Discus, Long Jump, and Triple Jump will be allowed 4 attempts.)**

- SCRATCH MEETING AT 12:00 AT THE CLERK OF THE COURSE TABLE LOCATED ON THE INFIELD.
- ONLY 2 PARTICIPANTS ALLOWED PER FIELD EVENT; NO UNATTACHED.
- FIELD EVENT PARTICIPANTS MAY SCRATCH AT THE EVENT.
- ALL SCRATCHES FOR RUNNING EVENTS MUST BE MADE BY 12:15.
- UNATTACHED TRACK PARTICIPANTS WILL BE ALLOWED. RUNNERS ATHLETES; AFTER THAT, IT WILL BE "FIRST COME, FIRST SERVED". WHO ARE UNATTACHED, MUST WEAR A WHITE T SHIRT. EMPTY LANES IN LANE RACES WILL BE RESERVED FOR WASHINGTON SCHOOL