

LITTLE DUTCH RELAYS MIDDLE SCHOOL MEET

Tuesday, April 17, 2018

(Field events begin at 4:30. Girls run first, followed by the boys (except SHR). All races finish on the common white finish line.)

Time	Event	Laps	Heats	Starts and exchanges
5:00	Girls' 4 x 800m Relay	8	1	Start on green waterfall, cut ASAP. all exchanges are green/green
	Boy's 4 x 800m Relay	8	1	Start on green waterfall, cut ASAP. all exchanges are green/green
	Boy's Shuttle Hurdle Relay (Full 10 flights on Girl's SHR marks)	-	2	Runners 1 & 3 start on white at north end, runners 2 & 4 start on white at south end, odd lanes run from north, even lanes run from south, hurdles @ 30" on green
	Girl's Shuttle Hurdle Relay (Full 10 flights on Girl's SHR marks)	-	2	Runners 1 & 3 start on white at north end, runners 2 & 4 start on white at south end, odd lanes run from north, even lanes run from south, hurdles @ 30" on green
	Girls' Wheelchair 100	-	1	Start on white (lane 4)
	Girls' 100m Dash	-	2 or 3	Start on white
	Boy's 100m Dash	-	2 or 3	Start on white
	Girl's Distance Med. Relay (200-200-400-800)	4	1	Start on white, 3 turn stagger, 1 st exchange is white, 2 nd exchange is white (400m runner cuts @ break-line), 3 rd exchange is green to green (common)
	Boy's 1600m Medley Relay (200-200-400-800)	4	1	Start on white, 3 turn stagger, 1 st exchange is white, 2 nd exchange is white (400m runner cuts @ break-line), 3 rd exchange is green to green (common)
	Girls' Wheelchair 400	1	1	Start on yellow, 2 turn stagger, lanes all the way (lane 2)
	Girls' 400m Dash	1	2	Start on yellow, 2 turn stagger, lanes all the way
	Boy's 400m Dash	1	2	Start on yellow, 2 turn stagger, lanes all the way
	Girls' 4 x 200m Relay	2	1 or 2	Start on blue, 4 turn stagger, 1 st & 2 nd exchanges are blue, 3 rd exchange is yellow
	Boy's 4 x 200m Relay	2	1 or 2	Start on blue, 4 turn stagger, 1 st & 2 nd exchanges are blue, 3 rd exchange is yellow
	Girls' 1500m Run	3 3/4	1	Start on yellow waterfall, cut ASAP
	Boy's 1600m Run	4	1	Start on green waterfall, cut ASAP
	Girls' 100m Hurdles	-	2	Start on white, hurdles @ 30" on white
	Boy's 100m Hurdles	-	2	Start on white, hurdles @ 30" on white
	Girls' Wheelchair 200	1/2	1	Start on green, 1 turn stagger, lanes all the way (lane 2)
	Girls' 200m Dash	1/2	2 or 3	Start on green, 1 turn stagger, lanes all the way
	Boy's 200m Dash	1/2	2 or 3	Start on green, 1 turn stagger, lanes all the way
	Girls' Sprint Medley Relay (100-100-200-400)	2	1	Start on white, 3 turn stagger, 1 st & 2 nd exchanges are white to white, 3 rd exchange is white to white (400m runner cuts @ break-line)
	Boy's Sprint Medley Relay (100-100-200-400)	2	1	Start on white, 3 turn stagger, 1 st & 2 nd exchanges are white to white, 3 rd exchange is white to white (400m runner cuts @ break-line)
	Girls' 200m Hurdles	1/2	2	Start on green, 1 turn stagger, hurdles @ 30" on yellow marks (4 flights only)
	Boy's 200m Hurdles	1/2	2	Start on green, 2 turn stagger, hurdles @ 30" on yellow marks (4 flights only)
	Girls' 800m Run	2	1	Start on green waterfall, cut ASAP
	Boy's 800m Run	2	1	Start on green waterfall, cut ASAP
	Girls' 4 x 100m Relay	1	1 or 2	Start on yellow, 2 turn stagger, all exchanges are yellow to yellow
	Boy's 4 x 100m Relay	1	1 or 2	Start on yellow, 2 turn stagger, all exchanges are yellow to yellow
	Girls' 4 x 400m Relay	4	1	Start on white, 3 turn stagger, 1 st exchange is white to white (2 nd runner cuts @ break-line), 2 nd & 3 rd exchanges are green to green (common)
	Boy's 4 x 400m Relay	4	1	Start on white, 3 turn stagger, 1 st exchange is white to white (2 nd runner cuts @ break-line), 2 nd & 3 rd exchanges are green to green (common)