

# Ingleside



# Mustang Relays

**Saturday, February 22<sup>nd</sup>, 2020**

8 a.m.            Scratch & Add (\* located in the Indoor Athletic Facility / directly across street from the stadium)

9 a.m.            Field Events

- **Varsity Jumps / Throws: 3 attempts - top 8 to finals**
- **JV Jumps / Throws: 4 attempts**

Long Jump / Triple Jump:

Pit #1: Long Jump: vb - jvb

Pit #2: Long Jump: jvg - vg

Pit #3: Triple Jump: jvb - jvg - vb - vg

High Jump

vg - vb - jvg - jvb

Shot Put (Ring 1 - by pole vault)

vb - vg

Shot Put (Ring 2 - by softball (right field))

jvb - jvg

Pole Vault

vg - jvg - vb - jvb

Discus (Ring 1 - behind softball field)

vg - vb

Discus (Ring 2 - home side parking lot)

jvg - jvb

9:30 a.m.        3200 Meter Run (jvg, jvb, vg, vb)

**Lunch will be provided for all coaches and adult volunteers.  
Be sure to get your coaches' MEAL TICKETS upon check-in to  
the meet at the Scratch & Add.**

All running finals will begin approximately 1 hour after the completion of the field events.

*"Weight Man / Woman" Relay*

400 m Relay	-	jvg, jvb, vg, vb	(YELLOW marks)
800 m Run	-	jvg, jvb, vg, vb	
100 m hurdles	-	jvg, vg	
110 m HH	-	jvb, vb	
100 m Dash	-	jvg, jvb, vg, vb	
800 m Relay	-	jvg, jvb, vg, vb	(GREEN marks)
400 m Dash	-	jvg, jvb, vg, vb	
300 m hurdles	-	jvg, vg, jvb, vb	
200 m Dash	-	jvg, jvb, vg, vb	
1600 m Run	-	jvg, jvb, vg, vb	
1600 m Relay	-	jvg, jvb, vg, vb	(BLUE marks)