

St. Rita

Raider Relays

Schedule of Events

11:10	Coaches Meeting		
11:45	First Call		
12:00	Novice girls	100 yards (opposite)	
12:15	Novice boys	100 yards (opposite)	The javelin throw is made with
12:00	B girls	100 meters	plastic practice javelins which
12:15	B boys	100 meters	are about 3 feet long and have
12:30	Var girls	100 meters	fins.
12:45	Var boys	100 meters	
1:00	B girls	1600 meters	All 1600m, 800m and some
1:08	B Boys	1600 meters	400m will use a waterfall start
1:16	Var girls	1600 meters	
1:24	Var boys	1600 meters	
1:32	Novice girls	4x100 relay	
1:44	Novice boys	4x100 relay	
1:56	B girls	4x100 relay	Field Events
2:08	B boys	4x100 relay	12:00 – 1:00
2:20	Var girls	4x100 relay	Varsity Boys Long Jump
2:32	Var boys	4x100 relay	B Girls Shot Put
2:44	Finals (all levels)	100 meters	Varsity Girls Javelin
2:54	Novice girls	400 meters	1:00 – 2:00
3:04	Novice boys	400 meters	Varsity Girls Long Jump
3:14	B girls	400 meters	B Boys Shot Put
3:24	B boys	400 meters	Varsity Boys Javelin
3:34	Var girls	400 meters	2:00 – 3:00
3:44	Var boys	400 meters	B Boys Long Jump
3:54	Novice girls	800 meters	Varsity Girls Shot Put
4:02	Novice boys	800meters	B Girls Javelin
4:10	B girls	800 meters	3:00 - 4:00
4:20	B boys	800 meters	B Girls Long Jump
4:30	Var girls	800 meters	Varsity Boys Shot Put
4:40	Var boys	800 meters	B Boys Javelin
4:50	Novice girls	200 meters	4:00 – 5:00
5:00	Novice boys	200 meters	Novice Boys Long Jump
5:10	B girls	200 meters	Novice Girls Javelin
5:20	B boys	200 meters	5:00 – 6:00
5:30	Var girls	200 meters	Novice girls Long Jump
5:40	Var boys	200 meters	Novice boys Javelin
5:50	Novice girls	4x400 relay	
6:00	Novice boys	4x400 relay	Varsity - 3 Attempts
6:10	B girls	4x400 relay	"B" - 3 Attempts
6:20	B boys	4x400 relay	Novice - 2 Attempts
6:30	Var girls	4x400 relay	
6:40	Var boys	4x400 relay	
6:50	Awards		