

Elk relays

Time schedule

10:00 am- men's: shot put, pole vault & long jump

women's: high jump & discus

4 throws this year for all throws

lj (m & w) open pit, 3 jumps & two 45 minute flights w/15 minute break between flights.

****at the conclusion of above, the corresponding m/w events will start****

noon- MEN'S HAMMER (THEN WOMEN'S)

men's triple jump will be 20 minutes after women's lj

women's pv starts 30 minutes after men's pv

women's hammer after the men's hammer

****all field events are 3 person total****

****all running events contested women, then men except steeplechase relay****

11:00- 4 x 1600 relay

12:10- 4 x 300 low hurdles

12:45- 4 x 100 relay

1:10- 4 x 400 relay

1:35- dmr (order) 1200, 400, 800 & 1600

2:15- smr (order) 100, 100, 200 & 400

2:45- shuttle hurdles 33" girls, 36" boys

3:25- 2000 steeplechase girls 24", boys 36"

3:55- 4 x 4 steeplechase relay (men only)

4:25- 4 x 200 relay

4:45- 4 x 800 relay

presentation of awards

¼ inch spike only

results on elkstrack.com tuesday am