

Edna Junior High Rustler Relays

February 26, 2021

2:30 Coaches' Meeting- Weight room

3:30 2400 Meter Run - 7th girls, 8th girls, 7th boys, 8th boys

3:30 Pole Vault - 8th boys, 7th boys, 8th girls, 7th girls

Shot (3 throws) - 8th boys, 7th boys (Ring #1)

8th girls, 7th girls (Ring #2)

Discus (3 Throws) - 7th boys, 8th boys (Ring #1)

7th girls, 8th girls (Ring #2)

High Jump- 7th girls, 7th boys, 8th girls, 8th boys

L.J. (Pit#1) (3 Jumps) - 8th girls, 7th girls

T.J. (Pit#2) (3 Jumps) - 7th girls, 8th girls

L.J. (Pit#3) (3 Jumps) - 8th boys, 7th boys

T.J. (Pit#4) (3 Jumps) - 7th boys, 8th boys

After Field

400 Meter Relay- 7th girls, 8th girls, 7th boys, 8th boys

800 Meter Dash- 7th girls, 8th girls, 7th boys, 8th boys

100 Meter Hurdles- 7th girls, 8th girls

110 Meter Hurdles- 7th boys, 8th boys

100 Meter Dash- 7th girls, 8th girls, 7th boys, 8th boys

800 Meter Relay- 7th girls, 8th girls, 7th boys, 8th boys

400 Meter Dash - 7th girls, 8th girls, 7th boys, 8th boys

300 Meter Hurdles- 7th girls, 8th girls, 7th boys, 8th boys

200 Meter Dash- 7th girls, 8th girls, 7th boys, 8th boys

1600 Meter Run- 7th girls, 8th girls, 7th boys, 8th boys

1600 Meter Relay- 7th girls, 8th girls, 7th boys, 8th boys

Starting Heights (discussed at coaches meeting):

Pole Vault 7'0" 7th boys 7'6" 8th boys

5'6" 7th girls 6'0" 8th girls

High Jump 3'8" 7th girls 4'0" 8th girls

4'4" 7th boys 4'8" 8th boys