

2024 Russell C. Nix Relays

Order of Events

Field Event Relay Schedule

Begin at 2:00

Field Event Relays 3 Entries per event

JUMPS

Long Jump & Triple Jump Boys & Girls Cafeteria Style - 2 ½ Hours

High Jump Girls – followed immediately by Boys

Pole Vault Boys – followed immediately by Girls

Starting Heights:

Girls Pole Vault 1.85m +15cm

Boys Pole Vault 2.60m + 15cm

Girls High Jump 1.20m + 7cm

Boys High Jump 1.50m + 7cm

THROWS - (3 Throws)

***We will start the next event flights before the previous event is complete if the sector is open.*

Rd 1: Boys Javelin & Girls Disc

Rd 2: Boys Disc & Girls Javelin

Rd 3: Boys & Girls Shot Put (2 sectors)

Note – Javelin runway is roll out track surface, spikes limited to ¼” pyramid.

Running Events Schedule

Begin at 3:15

Girls 4x1600 relay

Boys 4x1600 relay

Begin at 5:00pm

Girls 4 x 200 relay

Boys 4 x 200 relay

Girls 4 x 800 relay

Boys 4 x 800 relay

Girls Sprint Medley relay (200 – 100 – 100 – 400)

Boys Sprint Medley relay (200 – 100 – 100 – 400)

Girls Shuttle Hurdle Relay-1st & 3rd=33” 2nd & 4th=30”

Boys Shuttle Hurdle Relay-1st & 3rd=39” 2nd & 4th=36”

Girls 1600 Medley (400 – 200 – 200 – 800)

Boys 1600 Medley (400 – 200 – 200 – 800)

Girls Distance Medley (1200 – 800 – 400 – 1600)

Boys Distance Medley (1200 – 800 – 400 – 1600)

Girls 4 x 100 relay

Boys 4 x 100 relay

Girls 4 x 100 throwers relay – (Medals Only / No Team Points)

Boys 4 x 100 throwers relay – (Medals Only / No Team Points)

Girls 4 x 400 relay

Boys 4 x 400 relay

Girls 4 x 200 will start no earlier than 5:00pm!

“HOME OF THE BLUE JAYS!”