**Will Taylor Relays @ Memorial HS**

**Spring Branch ISD**

**February 15, 2020**

**7:30 am Scratch Meeting (Cafeteria)**

**8:00 am Coaches Meeting (Cafeteria)**

**8:30 am Field Events: 4 Jumps/4 Throws (no finals)**

* **Shot G/B**
* **Discus B/G**
* **High Jump B/G**
* **Pole Vault G/B**
* **LJ first, followed by triple jump for both – Girls East, Boys West**

**9:00 AM Running Events: All events are final; Girls followed by Boys**

* **3200**
* **DMR (12-4-8-1600)** – Waterfall Start, all exchanges Blue to Blue.
* **Swedish Relay (1-2-3-4)** – Start at 200 White line, 1st runner 100 Gold zone, 2nd runner breaks after exchange zone, 3rd runner, 1500 start line, lined up in order of runners coming in, 4th runner 3rd and 4th exchange of 4x400 blue diamond.
* **1600 Open (no points)**

**11:30 Lunch** provided for Coaches in the cafeteria (will be announced)

**Running Events:** approximately one (1) hour after field events concluded.

* **4x100 (Exchange Zone Gold, Start Gold)**
* **800**
* **100/110 Hurdles**
* **100**
* **800 SMR (1-1-2-4)** Leg 1 starts at 400 relay start. Legs 2 & 3 use gold exchange for 4x100 relay. Leg 4 uses staggered blue diamonds, and cuts in at end of the exchange zone.
* **300 Hurdles**
* **1600**
* **4x400 (Exchange zone 1 Blue staggered diamonds, 3&4 Blue Solid Diamonds)**