**Continental League Relays**

**March 10th, 2018**

**Sports Authority Stadium**

***Hosted by Douglas County High School***

**Schedule of Events**

**Field Events**

8:30 Coaches Meeting

 9:00 Discus (Girls/ Boys)

 Shot Put (Boys/Girls)

 High Jump (Boys/Girls) (Opening heights at 5’0/4’0)

 Pole Vault (Girls/Boys) (Opening heights at 6’0/8’0)

 Long Jump (Boys/Girls)

 Triple Jump (Girls/Boys)

 9:00 2 Mile Team Race (1 Heat, B/G, CC Scoring)

9:30 400 Hurdle Relay (Shuttle Hurdles)

 10:20 6400m Relay (Girls Section)

 11:00 400m Relay

 11:25 3200m Relay

 11:50 800m Relay

 12:05 Distance Medley Relay (800-400-1200-1600)

 12:35 Sprint Medley Relay (100-100-200-400)

 12:55 1600m Medley Relay (400-200-200-800)

 1:20 6400m Relay (Boy’s Section)

 1:50 1600m Relay

 2:15 Weight Person’s Relay (4 x 100 meters)

 2:30 Awards Presentations

\*\*This is a tentative time schedule. We will run ahead of schedule if we can, so please make sure coaches and athletes are listening to the announcer.

\*\****Weigh-ins begins at 8:00 a.m.***