

2019 FALCON RELAYS

11:00 - 11:30 SCRATCH MEETING

★ **ONLY 3 ENTRIES FOR FIELD EVENTS**

3200 AND FIELD EVENTS							
12:00	3200	HJ	LJ	TJ	SHOT	DISCUS	PV
ROLLING SCHEDULE	JVG	JVG	JVB	JVG	WHEELCHAIR	VG	JVB-VB
	VG	VG	VB	VG	VB	VB	JVG - VG
	JVB	JVB	JVG	JVB	VG	JVG	
	VB	VB	VG	VB	JVB	JVB	MAY COMBINE
					JVG		

★ **UNLIMITED RUNNING ENTRIES**

★ **MAKE SURE YOUR ATHLETES HAVE SEED TIMES**

RUNNING FINALS

15 MINUTES AFTER LAST FIELD EVENT.

JVG - VG - JVB - VB

SPRINT RELAY

800M

SPRINT HURDLES

100M DASH

WHEELCHAIR 100M

800M RELAY

400M DASH

WHEELCHAIR 400M

LONG HURDLES

200M DASH

1600M

MILE RELAY