

Early Bird TIGER RELAYS

Worth County High School, Grant City, MO
Thursday, March 25, 2010

3:30 PM Coaches' Meeting (**All teams please be present at 3:30, this meeting will be for scratches only, no substitutions or additions.**)

FIELD EVENTS- (4 throws, 4 jumps)

3:45 PM Shot Put- Girls followed by Boys (cement surface)
Discus- Boys followed by Girls (cement surface)
High Jump- Boys followed by Girls (all-weather surface)
Pole Vault- Girls followed by Boys (all-weather runway)
Triple Jump- Girls followed by Boys (all-weather runway)
Long Jump- Boys followed by Girls (all-weather runway)

TRACK EVENTS

(All events are girls followed by boys, unless otherwise noted)

4:15	100m Dash	Preliminaries
4:45	4x800 Relay	Finals
5:15	100m Hurdles (Girls)	Finals
	110m High Hurdles (Boys)	Finals
	100 m Dash	Finals
	4x200 Relay	Finals
	1600 m Run	Finals
	4x100 Relay	Finals
	400m Dash	Finals
	300m Low Hurdles (Girls)	Finals
	300m Int. Hurdles (Boys)	Finals
	800m Run	Finals
	200m Dash	Finals
	3200m Run	Finals
	4x400 Relay	Finals

Participating Schools: Albany, NEN, North Harrison, Jefferson, Mound City, Stanberry, Maysville, Tri-County, North Andrew, South Harrison, King City, North Nodaway, Worth County

***WE WOULD LIKE FOR ONLY ATHELETES AND WORKERS TO BE INSIDE THE FENCE. PARENTS & COACHES PLEASE WATCH FROM THE STANDS OR OUTSIDE OF THE FENCE. Thanks for helping stop confusion and assisting in keeping the track meet running smoothly!**