

JH Early Bird TIGER RELAYS

Worth County High School, Grant City, MO
Monday, March 29, 2010

3:30 PM Coaches' Meeting (all teams please be present at 3:30)

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)

4:30	100m Dash	Preliminaries
5:30	75m Hurdles (Girls)	Final
	100m Hurdles (Boys)	Finals
	100 Dash	Finals
	4x200 Relay	Finals
	1600 m Run	Finals
	4x100 Relay	Finals
	400m Dash	Finals
	800m Run	Finals
	200m Dash	Finals
	4x400 Relay	Finals

Participating Schools: Albany, NEN, North Harrison, Jefferson, St. Gregory, Tri-County, North Andrew, South Harrison, Gallatin, King City, Winston, Princeton, North Mercer, 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!**