



7th Annual Lightning Relays

Final Time Schedule

SESSION 1: 8&Under, 9-10 year olds

SESSION 2: 11-12, 13-14, HS

Saturday, May 21st

Session 1

Field:

8:00am Long Jump (younger to older)
Shot Put (younger to older)
High Jump (older to younger)
Turbo-Javelin (older to younger)

Track:

9:00am 1500 – 8U & 9-10 Girls and Boys (1 heat)
9:15 100 – 8U Girls (17)
9:30 100 – 8U Boys (19)
9:45 100 – 9/10 Girls (13)
9:55 100 – 9/10 Boys (17)

10:15 400 – 8U Girls (9)
10:25 400 – 8U Boys (9)
10:35 400 – 9/10 Girls (10)
10:45 400 – 9/10 Boys (14)

11:05 SMR – 8U Girls & Boys (1)
11:10 SMR – 9/10 Girls & Boys (1)

11:15 4x100 – 8U Girls (1)
11:20 4x100 – 8U Boys (1)
11:25 4x100 – 9/10 Girls (1)

11:30 4x100 – 9/10 Boys (1)
11:35 800 – (8U Girls and Boys) (1)
11:40 800 – 9/10 Girls (1)
11:45 800 – 9/10 Boys (1)

11:55 200 – 8U Girls (14)
12:05 200 – 8U Boys (17)
12:20 200 – 9/10 Girls (13)
12:30 200 – 9/10 Boys (17)

12:45 4x400 – 8U & 9-10 Girls and Boys (1)

Session 2

Field:

12:30pm Long Jump (younger to older)
Shot Put (younger to older)
High Jump (older to younger)
Turbo-Javelin (11-12 year olds)

Track:

3:30pm 3000 – 11/12,13/14, HS (1 heat)
80m Hurdles – 11/12 Girls (1)
80m Hurdles – 11/12 Boys (2)
100m Hurdles – 13/14 Girls (2)
100m Hurdles – 13/14 Boys (1)
100m Hurdles – HS Girls (1)
110m Hurdles – HS Boys (1)
100 – 11/12 Girls (16)
100 – 11/12 Boys (14)
100 – 13/14 Girls (22)
100 – 13/14 Boys (14)
100 – HS Girls (6)
100 – HS Boys (6)
800 – 11/12 Girls (1)
800 – 11/12 Boys (1)
800 – 13/14 Girls (2)
800 – 13/14 Boys (2)
800 – HS Girls (1)
800 – HS Boys (1)
SMR – 11/12 Girls (2)
SMR – 11/12 Boys (1)
SMR – 13/14 Girls (2)
SMR – 13/14 Boys (2)
SMR – HS Girls (1)
SMR – HS Boys (1)
4x100 – 11/12 Girls (1)
4x100 – 11/12 Boys (2)
4x100 – 13/14 Girls (2)
4x100 – 13/14 Boys (2)
4x100 – HS Girls (1)
4x100 – HS Boys (1)
400 – 11/12 Girls (10)
400 – 11/12 Boys (11)
400 – 13/14 Girls (12)
400 – 13/14 Boys (10)
400 – HS Girls (5)
400 – HS Boys (6)
1500 – 11/12 Girls & Boys (1)
1500 – 13/14 Girls & Boys (1)
1500 – HS Girls & Boys (1)
200 – 11/12 Girls (15)
200 – 11/12 Boys (15)
200 – 13/14 Girls (21)
200 – 13/14 Boys (14)
200 – HS Girls (7)
200 – HS Boys (7)
4x400 – 11/12 Girls & Boys (1)
4x400 – 13/14 Girls (1)
4x400 – 13/14, HS Boys (1)
4x800 – 11/12,13/14, HS (1 heat)