

**RRISD MIDDLE SCHOOL DISTRICT RELAYS**

**March 27<sup>th</sup> and 28<sup>th</sup>, 2019**

4:30 PM            FIELD EVENTS – ATTACHED SHEET

4:30 PM            RUNNING FINALS – **7<sup>TH</sup> GRADE RUNS FIRST**

**\*Girls RUN ON Wednesday**

**\*Boys RUN ON Thursday**

**Order of Running Events**

2400 M. RUN  
400 M. RELAY  
800 M. RUN  
100 M. HURDLES  
100 M. DASH  
800 M. RELAY  
400 M. RUN  
300 M. HURDLES  
200 M. DASH  
1600 M. RUN  
1600 M. RELAY

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**March 27<sup>th</sup> and 28<sup>th</sup>, 2019**

**DRAGON FIELD EVENT COMPLEX**

FIELD EVENTS    4:30 PM    - Boys - Wednesday

4:30 PM    - Girls - Thursday

SHOT PUT            **8<sup>TH</sup> GRADE – 7<sup>TH</sup> GRADE**

DISCUS              **7<sup>TH</sup> GRADE – 8<sup>TH</sup> GRADE**

HIGH JUMP          **8<sup>TH</sup> GRADE – 7<sup>TH</sup> GRADE**

LONG JUMP          **7<sup>TH</sup> GRADE – 8<sup>TH</sup> GRADE**

TRIPLE JUMP        **8<sup>TH</sup> GRADE – 7<sup>TH</sup> GRADE**

## **Round Rock Dragon Stadium Track**

Lanes: 42 inches

Hurdle Markings: 100 Hurdles – Gold

110 Hurdles – Blue

300 Hurdles – White

Exchange Zones: 4 X 100 Relay – Gold

4 X 200 Relay – 1<sup>st</sup> and 2<sup>nd</sup> – Green: 3<sup>rd</sup> – Gold

4 X 400 Relay – Blue