

2021 Russell C. Nix Relays

Order of Events

Field Event Relay Schedule

Begin at 2:00

| | |
|--------------------|--------------------------------------|
| Field Event Relays | 3 Attempts |
| Long Jump | Girls Cafeteria Style-2 Hours |
| Triple Jump | Boys Cafeteria Style-2 Hours |
| Javelin | Boys & Girls (2 sectors)* |
| High Jump | Girls – followed immediately by Boys |
| Pole Vault | Boys – followed immediately by Girls |

*Following the Javelin

1. Girls Shot
2. Boys Disc

Begin approximately at 4:30

| | |
|-------------|-------------------------------|
| Long Jump | Boys Cafeteria Style-2 Hours |
| Triple Jump | Girls Cafeteria Style-2 Hours |
| Shot Put | Boys |
| Discus | Girls |

- Starting Heights:

| | | | |
|------------------|--------------|-----------------|--------------|
| Girls Pole Vault | 2.00m + 15cm | Boys Pole Vault | 2.60m + 15cm |
| Girls High Jump | 1.25m + 7cm | Boys High Jump | 1.50m + 7cm |

Running Events Schedule

Begin at 3:15

Girls 4x1600 relay
Boys 4x1600 relay

Begin at 5:00pm

Girls 4 x 200 relay
Boys 4 x 200 relay
Girls 4 x 800 relay
Boys 4 x 800 relay
Girls Sprint Medley relay (200 – 100 – 100 – 400)
Boys Sprint Medley relay (200 – 100 – 100 – 400)
Girls Shuttle Hurdle Relay-1st & 3rd=33” 2nd & 4th=30”
Boys Shuttle Hurdle Relay-1st & 3rd=39” 2nd & 4th=36”
Girls 1600 Medley (400 – 200 – 200 – 800)
Boys 1600 Medley (400 – 200 – 200 – 800)
Girls Distance Medley (1200 – 800 – 400 – 1600)
Boys Distance Medley (1200 – 800 – 400 – 1600)
Girls 4 x 100 relay
Boys 4 x 100 relay
Girls 4 x 100 throwers relay – (Medals Only / No Team Points)
Boys 4 x 100 throwers relay – (Medals Only / No Team Points)
Girls 4 x 400 relay
Boys 4 x 400 relay

Girls 4 x 200 will start no earlier than 5:00pm!

“HOME OF THE BLUE JAYS!”