

GRIFFIN RELAY 2019

Order of Running Events

First running event starts at 2 PM. This is a rolling schedule.
(Times are approximate)

2:00	#1/2	Girls 4 x 1600 (VARSITY and OPEN)	2 heats	21/22 teams
2:30	#3/4	Boys 4 x 1600 (VARSITY and OPEN)	1 heats	12/15 teams
National Anthem				
3:20	#5	Open Girls Shuttle Hurdles	2 heats	6 teams
	#6	Var.Girls Shuttle Hurdles	2 heats	7 teams
3:45	#7	Open Boys Shuttle Hurdles	2 heats	5 teams
	#8	Var.Boys Shuttle Hurdles	2 heats	5 teams
4:00	#9	Open Girls 4 x 100	1 heats	17 teams
	#10	Var.Girls 4 x 100	2 heats	14 teams
4:15	#11	Open Boys 4 x 100	2 heats	17 teams
	#12	Var.Boys 4 x 100	2 heats	16 teams
4:30	#13	Open Girls 4 X 800	1 heats	20 teams
	#14	Open Boys 4 X 800	1 heats	22 teams
5:00	#15	Open Girls Sprint Medley (1-1-2-4)	3 heats	19 teams
	#16	Open Boys Sprint Medley (1-1-2-4)	3 heats	19 teams
5:30	#17	Var.Girls Sprint Medley (2-2-4-8)	2 heats	10 teams
	#18	Var.Boys Sprint Medley (2-2-4-8)	2 heats	12 teams
5:50	#19	Var Girls 4 x 800	1 heats	16 teams
	#20	Var.Boys 4 x 800	1 heats	21 teams
6:20	#21	Girls 4 X 200 (competed all in lanes)	3 heats	23 teams
	#22	Boys 4 X 200 (competed all in lanes)	4 heats	26 teams
7:00	#23	Open Girls Distance Medley (1200-400-800-1600)	1 heats	21 teams
	#24	Var.Girls Distance Medley (1200-400-800-1600)	1 heats	16 teams
	#25	Open Boys Distance Medley (1200-400-800-1600)	1 heats	23 teams
	#26	Var.Boys Distance Medley (1200-400-800-1600)	1 heats	24 teams
8:00	#27	OPEN Girls 4 x 400 (3 turn stagger)	2 heats	11 teams
	#28	Var.Girls 4 x 400 (3 turn stagger)	2 heats	13 teams
	#29	OPEN Boys 4 x 400 (3 turn stagger)	2 heats	15 teams
	#30	Var.Boys 4 x 400 (3 turn stagger)	2 heats	13 teams