

# ROUGH RIDER RELAYS 2024

Field Event Schedule Friday 2/23

5:00pm	Session 1	7:00pm	Session 2
JV Girls: Triple Jump & Shot Put		JV Girls: Long Jump, Disc & High Jump	
Varsity Girls: Triple Jump, Shot Put & High Jump		Varsity Girls: Long Jump & Disc	
JV Boys: Long Jump, Disc, & High Jump		JV Boys: Triple Jump & Shot Put	
Varsity Boys: Long Jump & Disc		Varsity Boys: Triple Jump, Shot Put, High Jump	
Girls Pole Vault		Boys Pole Vault	

\*Vertical Jumps will be on a rolling schedule.

**3200 M – 5:30pm** in the following order JVG | JVB | VG | VB

\*Minimums

JV Girls – Triple Jump 26' | Long Jump 13 | Shot & Disc Top 8 in each flight measured.

JV Boys – Triple Jump 32' | Long Jump 16 | Shot & Disc Top 8 in each flight measured.

Varsity Girls – Triple Jump 27' | Long Jump 14 | Shot & Disc Top 8 in each flight measured.

Varsity Boys – Triple Jump 34' | Long Jump 17' | Shot & Disc Top 8 in each flight measured.

**High Jump** – JVG 4' | VG 4'4 | JVB 4'10 | VB 5'4

**Pole Vault** – All Girls will jump together opening height 6' | All Boys will jump together opening height 8'.

Running Events will begin at 10:00am on Saturday 2/24 [JV Girls, JV Boys, Varsity Girls, Varsity Boys]  
Exception will be 100 & 300 Hurdles Girls followed by Boys]

4x100 M Relay

800 M Run

100 M Hurdles

110 M Hurdles

100 M Dash

4x200 M Relay

400 M Dash - Maximum time 80 seconds

300 M Hurdles

200 M Dash

1600 M Run

4x400 M Relay