



# Saxony Coed Relay Meet

## Saxony Lutheran High School

Saturday March 23, 2024

### Meet Information

**Meet Starts:** 8 am

**Entries:** Registration open at **Monday March 11 @ Midnight** and closes at **Friday March 22 @ 9AM**  
[Online Entry Form](#)

**Meet Conduct:** Boys will run First followed by Girls in Open Events  
Individual events limits will be 4 with the top 3 used for relay scoring  
Coed – Events will be 2 boys and 2 girls  
Relays will be 1 per school  
One entry per team for a relay

**Heat/Flights:** [Click Here](#) to see heat and flight sheets

**Live Results** [Live Results](#)

**Meet Questions:** Max Wieser – Saxony Lutheran Head Coach – [mwieser@saxonylutheranhigh.org](mailto:mwieser@saxonylutheranhigh.org)

**Entry Questions:** Rich Schilling – TRXC Timing – [rich@trxctiming.com](mailto:rich@trxctiming.com)

## Time Schedule





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Time Schedule

## Field Events — Pits open for warmups at 8:30 am

|         |              |                          |
|---------|--------------|--------------------------|
| 9:00 am | Shot Put     | Boys                     |
|         | High Jump**  | Boys (Girls will Follow) |
|         | Long Jump    | Boys                     |
|         | Long Jump    | Girls                    |
|         | Pole Vault** | Girls (Boys will Follow) |
|         | Javelin      | Girls                    |
|         | Discus       | Girls                    |

|          |             |       |
|----------|-------------|-------|
| 11:30 am | Shot        | Girls |
|          | Triple Jump | Girls |
|          | Triple Jump | Boys  |
|          | Javelin     | Boys  |
|          | Discus      | Boys  |

\*\*Rolling event – Once the previous gender finishes there will be 1 hour for warmups for the next gender. (PV must be checked in by coach first)

## Track Events

|                                |                      |   |
|--------------------------------|----------------------|---|
| 8:50 am                        | 4x800                | Boys – 1 Relay Per School               |
|                                | 4x800                | Girls – 1 Relay Per School              |
| 9:20 am                        | Shuttle Hurdle relay | Coed (100mH, 110H) – 2 Girls and 2 Boys |
| 10:00 am                       | 100m                 | Boys – 4 Entries (Score 3 as a Relay)   |
|                                | 100m                 | Girls – 4 Entries (Score 3 as a Relay)  |
| 10:25 am                       | 4x200                | Boys - 1 Relay Per School               |
|                                | 4x200                | Girls - 1 Relay Per School              |
| 10:40 am                       | 1600m                | Boys – 4 Entries (Score 3 as a Relay)   |
|                                | 1600m                | Girls – 4 Entries (Score 3 as a Relay)  |
| 11:00 am                       | 4x100                | Boys - 1 Relay Per School               |
|                                | 4x100                | Girls - 1 Relay Per School              |
| 11:15 am                       | Mid-distance relay   | Coed (800B, 400G, 800G, 400B)           |
| 11:30 am                       | 300h                 | Boys – 4 Entries (Score 3 as a Relay)   |
|                                | 300h                 | Girls– 4 Entries (Score 3 as a Relay)   |
| Senior Recognition/Lunch Break |                      |   |
| 12:25 pm                       | Sprint relay         | Coed (100B, 100G, 200G, 400B)           |
| 12:40 pm                       | Distance relay       | Coed (800, 800, 1600, 1600)             |
| 1:05 pm                        | 200m                 | Boys – 4 Entries (Score 3 as a Relay)   |
|                                | 200m                 | Girls– 4 Entries (Score 3 as a Relay)   |
| 1:30 pm                        | Throwers relay       | Boys - 1 Relay Per School               |
|                                | Throwers relay       | Girls - 1 Relay Per School              |
| 1:40 pm                        | 4x400                | Boys - 1 Relay Per School               |
|                                | 4x400                | Girls - 1 Relay Per School              |