



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](#)

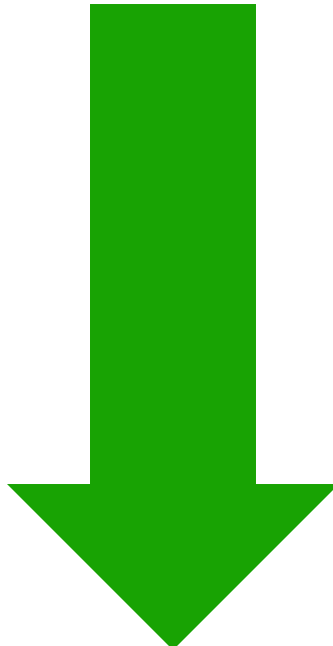
Meet Conduct: Boys will run First followed by Girls in Open Events
Individual events limits will be 4 with the top 3 used for relay scoring
Coed – Events will be 2 boys and 2 girls
Relays will be 1 per school
One entry per team for a relay

Live Results [Live Results](#)

Meet Questions: Max Wieser – Saxony Lutheran Head Coach – mwieser@saxonylutheranhigh.org

Entry Questions: Rich Schilling – TRXC Timing – rich@trxctiming.com

Time Schedule





Saxony Coed Relay Meet

Saxony Lutheran High School

Saturday March 23, 2024

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