

Chillicothe Junior High Ribbon Relays

March 5th, 2018

2:30-3:00	Scratch Meeting	Weight Room
3:30	2400 meter run & Beginning of Field Events	
	Triple Jump Girls, Boys	Northwest corner of Football Field
	Shot Put Boys, Girls	Northeast corner of Football Field
	Discus Girls, Boys	Baseball Field
	Long Jump Boys, Girls	Northeast corner of Football Field
	High Jump Girls, Boys	East end of Football Field

5:30 or 15 min. after the completion of last field event

400 M Relay

800 M Run

100 M Hurdles

110 M Hurdles

100 M Dash

800 M Relay

400 M Dash

300 M Hurdles

200 M Dash

1200 M Run

1600 M Relay

- **There will be no camps allowed on the infield. Please keep all mats, coolers, tents outside the football field fence.**
- **No limit on races, kids will line up and run. Coaches will keep all times of their own kids. 3 jumps or throws only.**