

Roswell Relays

3/16/2019

10:00 AM	4x 1600m		
	1	Ainsley	5:55
	2	Jordan	6:08
	3	Maddy	6:28
	4	Savannah	6:22

10:30 AM	4x 1600m		
	1	Wyman	4:49
	2	Crane	4:56
	3	Nolan	4:58
	4	Mark	5:04

1:10 PM	DMR		
	1200m	Eliza	3:01
	400m	Ilona	68
	800m	Annalei	2:36
	1600m	Riley	5:20

1:25 PM	DMR		
	1200m	Kaden	3:30
	400m	Ben VR	55.6
	800m	Justin	2:10
	1600m	Sully	4:30

2:15 PM	SMR		
	200m	No Team	
	200m		
	400m		
	800m		

2:35 PM	SMR		
	200m	No Team	
	200m		
	400m		
	800m		

3:15 PM	4x 800m		
	1	Riley	2:20
	2	Ilona	2:45
	3	Annalei	2:44
	4	Eliza	2:33

3:30 PM	4x 800m		
	1	Justin	2:17
	2	Ben VR	2:14
	3	Kaden	2:19
	4	Sully	2:04

4:00 PM	4 x 400m		
	1		
	2		
	3		
	4		

4:30 PM	4 x 400m		
	1		
	2		
	3		
	4		

Please plan to arrive 1 hr and 15 min PRIOR to your event.
 You need approx 40 min to warm up and check in.
 10 min warm up, potty break, Rowbury, Check in, Strides, Spike Up
 LEAVE YOUR WARM UP PANTS ON UNTIL THE LAST POSSIBLE MOMENT.

Coach Scott 404 822 3917

Address:
 Roswell High School
 11595 King Rd. Rowell 30075