

Roswell Relays

3/16/2019

| | | | |
|----------|----------|----------|--|
| 10:00 AM | 4x 1600m | | |
| | 1 | Ainsley | |
| | 2 | Jordan | |
| | 3 | Maddy | |
| | 4 | Savannah | |

| | | | |
|----------|----------|-------|--|
| 10:30 AM | 4x 1600m | | |
| | 1 | Wyman | |
| | 2 | Crane | |
| | 3 | Nolan | |
| | 4 | Mark | |

| | | | |
|---------|-------|---------|--|
| 1:10 PM | DMR | | |
| | 1200m | Eliza | |
| | 400m | Ilona | |
| | 800m | Annalei | |
| | 1600m | Riley | |

| | | | |
|---------|-------|--------|--|
| 1:25 PM | DMR | | |
| | 1200m | Kaden | |
| | 400m | Ben VR | |
| | 800m | Justin | |
| | 1600m | Sully | |

| | | | |
|---------|------|---------|--|
| 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 | Ilona | |
| | 3 | Annalei | |
| | 4 | Eliza | |

| | | | |
|---------|---------|--------|--|
| 3:30 PM | 4x 800m | | |
| | 1 | Justin | |
| | 2 | Ben VR | |
| | 3 | Kaden | |
| | 4 | Sully | |

| | | | |
|---------|----------|--|--|
| 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:
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 11595 King Rd. Rowell 30075