



Rockford East High School
Presents

2015 East Relays

Saturday, April 25, 2015
Event Schedule

Running Events

Time	Event	Remarks
10:00am Prelims	Girls 100m Hurdles (33") Boys 110m High Hurdles (39") Girls 100m Dash Boys 100m Dash	Top 8 Times Advance to Finals
12:00am Finals	Girls 800 Sprint Medley (100-100-200-400) Boys 800 Sprint Medley (100-100-200-400) Girls 4x800m Relay Boys 4X800m Relay Girls Frosh/Soph 800 Sprint Medley (100-100-200-400) Boys Frosh/Soph 800 Sprint Medley (100-100-200-400) Girls 4x100m Relay Boys 4X100m Relay Girls 3200m Invitational Run Boys 3200m Invitational Run Girls 100m Hurdles (33") Boys 110m High Hurdles (39") Girls 100m Dash Boys 100m Dash Girls 4x200m Relay Boys 4X200m Relay Girls 1600m Run Boys 1600m Run	

Girls Frosh/Soph 1600 Medley Relay
 (200-200-400-800)
 Boys Frosh/Soph 1600 Medley Relay
 (200-200-400-800)
 Girls 1600 Medley Relay
 (200-200-400-800)
 Boys 1600 Medley Relay
 (200-200-400-800)
 Girls 4X400m Relay
 Boys 4x400m Relay



Field Events

Time	Event	Remarks
10:00am	Long Jump	Girls, then Boys
	High Jump	Girls, then Boys
	Pole Vault	Girls, then Boys
	Shot Put	Girls, then Boys
	Triple Jump	Boys, then Girls
	Discus	Boys, then Girls

Long and Triple Jump will be contested concurrently and cafeteria style with 90 minutes to complete.
 There will be a 15 minute warm-up between events