

# Lennox Oriole 'Rich Luther Relay' Track & Field Meet

April 21, 2022 Schedule

Lennox / Vermillion / Dakota Valley / Tea Area / Beresford / BV JV / SFC

**Field Events:** (Discus & Shot will be 3 throws & finals – take 7 to finals)

<b>4:00</b> Girls Shot Put	<b>5:30</b> Girls Discus
Girls High Jump	Boys Shot Put
Boys Discus	Girls High Jump
Boys Long Jump (followed by Boys Triple Jump)	
Girls Long Jump (followed by Girls Triple Jump)	
(Long Jump & Triple Jump will be 4 jumps)	

## **Running Events: (Rolling Schedule)**

**4:30**

Event #1-Girls 4 x 800 Meter Relay  
2-Boys 4 x 800 Meter Relay  
3-Girls 100 Meter Hurdles  
4-Boys 110 Meter Hurdles  
5-Girls 100 Meter Dash  
6-Boys 100 Meter Dash  
7-Girls 4 X 200 Meter Relay  
8-Boys 4 X 200 Meter Relay  
9-Girls 1600 Meter Run  
10-Boys 1600 Meter Run  
11-Girls 4 X 100 Meter Relay  
12-Boys 4 X 100 Meter Relay  
13-Girls 400 Meter Dash  
14-Boys 400 Meter Dash  
15-Girls 300 Meter Hurdles  
16-Boys 300 Meter Hurdles  
17-Girls Medley Relay  
18-Boys Medley Relay  
19-Girls 800 Meter Run  
20-Boys 800 Meter Run  
21-Girls 200 Meter Dash  
22-Boys 200 Meter Dash  
23-Girls 3200 Meter Run  
24-Boys 3200 Meter Run  
25-Girls 4 X 400 Meter Relay  
26-Boys 4 X 400 Meter Relay  
**Thrower's Relay (4 X 100) 'Co-ed'**