

Walton JV Relays

3/10/2018

11:00 am 4x1600m			
A		B	
Maddy	6:21	Savannah	6:34
Zoey	6:36	Meg	6:39
Annalei	6:33	Shivani	6:34
Sarah S	6:49	Riley	5:40

11:30 am 4x1600m			
A		B	
Carson D	5:36	Carter P	5:53
Brian B	5:34	Ben Van	5:49
Ian M	5:16	James B	5:44
Mike J	5:23	A Scott	5:03

1:00 pm DMR			
A			
Maddy	4:40	Savannah	4:46
Zoey	1:16	Meg	1:18
Annalei	2:52	Shivani	2:55
Sarah S	6:38	Riley	5:34

1200m
400m
800m
1600m

1:15 pm DMR			
A		B	
Brian B	3:57	Ben Van	3:52
Carson D	1:06	Carter P	1:06
Ian M	2:23	James B	2:35
Mike J	5:18	A Scott	5:13

2:25 pm 4x800			
A		B	
Emma C	3:01	xxxxxxx	
Megan L	3:06	xxxxxxx	
Ali D	3:06	xxxxxxx	
Kayla	2:53	xxxxxxx	

2:40 pm 4x800			
A		B	
Brennan B	2:40	Kyle L	2:41
Zack B	2:35	Evan Z	2:41
Jake H	2:35	Conner K	2:53
Evan P	2:43	Ben G	2:20

2:55 pm 4x400			
A		B	
xxxxxxx		Emma C	1:19
xxxxxxx		Megan L	1:22
xxxxxxx		Ali D	1:21
xxxxxxx		Jordan	1:22

3:10 pm 4x400			
A		B	
xxxxxxx		Brennan B	1:07
xxxxxxx		Zack B	1:05
xxxxxxx		Jake H	1:07
xxxxxxx		Evan P	1:09

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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