

Conf Relays @ Roseville High School 4/9/24

Excused from class 2:00pm

Bus Leaves 2:15pm, Field Starts 3:30pm, Track Starts 4:00pm

* Place competitor number on the outside of hand

* Remove jewelry

4:00pm

4x100m Hurdles - (Lane 2)

Marshall, Richter, K. Lundgren, MK Lundgren

4x800m Relay (Lane 8)

Maya S., Emma S., Maeve E., Noelle B.

4x200m Relay - (Lane 5) (15 regular steps - 13 Heel-Toe)

I.Nystrom, D.Wilson, Wallin, Archibald

JV 4x200 Relay (Lane 4)

A.Myers, K.Scott, S.Sperr, (K.Wark/M.Mielke)

4x1600m

Maliana, Adela, Abby U., Whitney O.

800 SMR (100-100-200-400) - (Lane 8)

(M. Mielke, Eckman, Tran, M K Lundgren)

4x100m Relay - (Lane 1) **MV coaches Exchange 2**

Olson-Skog, D.Wilson, Ballinger, Archibald

JV 4x100 Relay - (Lane 7) **MV coaches Exchange 2**

A.Myers, K.Scott, Sperr, Wark

4x300m Hurdles - (Lane 5)

Marshall, Richter, K. Lundgren, B. Johnson

Long Sprint Med (200-200-400-800) - (Lane 1)

Olson-Skog, Ballinger, Tran, Kath (15 reg - 13 Heel-Toe)

4x3200m Run

Linnea, Emily, Maya F., Cora G.

4x100m Throwers Relay (Lane 6)

4x400m Relay - (Lane 3)

Wallin, Eckman, (A.Peterson), Archibald

3:30 pm

High Jump Opening height 4', 4'3", 4'6", 4'8", and then up by 2" from that point

A.Richter, I, Nystrom, L.Peterson, P.Hass

3:30pm

Long Jump (4 Jumps Cafeteria Style) - Pits Close at 5:30pm

Ballinger, I. Nystrom, L. Peterson, Fuller

3:30pm

Triple Jump (4 Jumps Cafeteria Style) - Pits Close at 5:30pm

A.Richter, S.Fuller, D.Wilson, K.Wark

3:30pm

Pole Vault Opening height 6', 6'11", 7'5", then up 6" from that point

Yim, Baker, Ahmed, Walker

3:30 pm

Discus (4 throws, 4 flights, 1 thrower per school)

Shetty, Warden, Geer, Tilstra

4:30pm

Shot Put (4 throws, 4 flights, 1 thrower per school)

Gimm, Halverson, Hollister, Robbins