

CCR RELAY LANE AND FIELD EVENT DETAILS

Date: 061519	Legs	Recommended Stager	Lane Assignments
Submaster Sprint Relay	400	Start on Red lines	A-Teams assigned lanes 3,4,5. Remaining teams randomly assigned.
	200	Red exchange zone	
	200	Gold exchange zone	
	800	Lane 1 - Blue/Red exchange zone (Move to lane 1 after exchange)	
Distance Relay	1600	Start together on one White line	Random
	800		
	1600		
	1600		
	1200		
Executive Relay	800	Start together on one White line	Random
	400		
	400		
	1600		
4 X 100	100	Start on White lines	A-Teams assigned lanes 3,4,5. Remaining teams randomly assigned.
	100	Gold exchange zone	
	100	Gold exchange zone	
	100		
Women's Relay	800	Start together on one White line	Random
	400		
	400		
Submaster Distance Relay	800	Start together on one White line	Random
	400		
	1200		
	1600		
Pyramid Relay	400	Start on White lines (Move to lane 1 on home stretch)	Random
	800	Lane 1 - Blue/Red exchange zone	
	1200	Lane 1 - Blue/Red exchange zone	
	800	Lane 1 - Blue/Red exchange zone	
	400	Lane 1 - Blue/Red exchange zone	
3 - Lap Sprint	200	Start on Red lines	A-Teams assigned lanes 3,4,5. Remaining teams randomly assigned.
	200	Red exchange zone	
	400	Red exchange zone (Move to lane 1 on home stretch)	
	400	Lane 1 - Blue/Red exchange zone	
Masters Relay (same for Div. 2)	800	Start together on one White line	Random
	400		
	800		
	200		
	200		
Women's 800	800	Waterfall Start in multiple lanes (1-2, 3-4, 5-6, 7-8) (Move to lane 1 on home stretch)	Random - Depending on # of runners.
Men's 1600	1600	Waterfall Start in multiple lanes (1-2, 3-4, 5-6, 7-8) (Move to lane 1 on home stretch)	Random - Depending on # of runners.
Sprint Relay	200	Start on Red lines	A-Teams assigned lanes 3,4,5. Remaining teams randomly assigned.
	200	Red exchange zone	
	400	Red exchange zone (Move to lane 1 on home stretch)	
	400	Lane 1 - Blue/Red exchange zone	
	200	Lane 1 - Blue/Red exchange zone	
	200	Lane 1 - Red/Gold exchange zone	

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Shot Put		Three Attempts. All foot faults will be called and that throw disqualified.
Long Jump		Three Attempts. All foot faults will be called and that jump disqualified.
Hi Jump		Hi Jump bar will start at 3ft 6in and be moved up 3in at a time. Participants may start jumping when the bar reaches their desired height.