

CCR RELAY LANE FIELD EVENT DETAILS

| Date: 060418 | Legs | Recommended Stager | Lane Assignments |
|--|--|--|--|
| Submaster Sprint Relay | 400 200 200 800 | 4-Turn Stagger, first 3 runners in lanes, 800 runner moves to lane 1. | A-Teams assigned lanes 3,4,5. Remaining teams randomly assigned. |
| Distance Relay | 1600 800 1600 1600 1200 | No Stagger | Random |
| Executive Relay | 800 400 400 1600 | No Stagger | Random |
| 4 X 100 | 100 100 100 100 | 2-Turn Stagger, in lanes the entire race. Use white lines. | A-Teams assigned lanes 3,4,5. Remaining teams randomly assigned. |
| Women's Relay | 800 400 400 | No Stagger | Random |
| Submaster Distance Relay | 800 400 1200 1600 | 1-Turn Stagger, runners move to lane 1 immediately after turn. | Random |
| Pyramid Relay | 400 800 1200 800 400 | 2-Turn Stagger, runner moves to lane 1 immediately after turn 2. | Random |
| 3 - Lap Sprint | 200 200 400 400 | 4-Turn Stagger, 3rd runner moves to lane 1 after their 2nd turn (finish straight) | A-Teams assigned lanes 3,4,5. Remaining teams randomly assigned. |
| Masters Relay (same for Div. 2) | 800 400 800 200 200 | 1-Turn Stagger, runners move to lane 1 immediately after turn. | Random |
| Women's 800 | 800 | 1-Turn Stagger with 2 groups starting in lanes 1 and 5, runners move to lane 1 immediately after turn. | Random - Depending on # of runners, it may go with 2-turn Stagger. |
| Men's 1600 | 1600 | 1-Turn Stagger with 2 groups starting in lanes 1 and 5, runners move to lane 1 immediately after turn. | Random - Depending on # of runners, it may go with 2-turn Stagger. |
| Sprint Relay | 200 200 400 400 200 200 | 4-Turn Stagger, 3rd runner moves to lane 1 after their 2nd turn (finish straight) | A-Teams assigned lanes 3,4,5. Remaining teams randomly assigned. |
| 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 4ft 3in and be moved up 3in at a time. Participants may start jumping when the bar reaches their desired height. | |