



## Athletics Manitoba - Elementary Relays

March 13, 2018

### Event Information:

1. 4 x Shot Put – total distance of 1 throw each of 4 team members (2.73kg / 6 lb. Shot).
2. 4 x Long Jump – total distance of 1 jump each of 4 team members.
3. 8 x 40M Shuttle Relay – 8 team members run 40m each (back & forth shuttle style)
4. 4 x 200m Relay – each of 4 team members runs 1 lap

### SCHEDULE

The schedule may need to be altered during the meet – please listen for announcements throughout the day.

10:00 AM	4x200m Relay	Grade 6 Boys	10:00 am	4 x Standing Long Jump	Grade 4 Boys
	4x200m Relay	Grade 5 Boys		4 x Standing Long Jump	Grade 4 Girls
	4x200m Relay	Grade 4 Boys		4 x Standing Long Jump	Grade 5 Boys
	4x200m Relay	Grade 6 Girls		4 x Standing Long Jump	Grade 5 Girls
	4x200m Relay	Grade 5 Girls		4 x Standing Long Jump	Grade 6 Boys
	4x200m Relay	Grade 4 Girls		4 x Standing Long Jump	Grade 6 Girls
10:00 AM	8 x 40m Shuttle Relay	Grade 6 Girls			
	8 x 40m Shuttle Relay	Grade 5 Girls			
	8 x 40m Shuttle Relay	Grade 4 Girls			
	8 x 40m Shuttle Relay	Grade 6 Boys			
	8 x 40m Shuttle Relay	Grade 5 Boys			
	8 x 40m Shuttle Relay	Grade 4 Boys			

Following the completion of the Shuttle Relay, the 4x Shot Put will begin in the following order:

4x Shot Put	Grade 6 Girls
4x Shot Put	Grade 5 Girls
4x Shot Put	Grade 4 Girls
4x Shot Put	Grade 6 Boys
4x Shot Put	Grade 5 Boys
4x Shot Put	Grade 4 Boys

### IMPORTANT!

Please don't forget to write one athlete name per relay on each sticker!