

Walton JV Relays

3/9/2019

11:00 am 4x1600m			
A		B	
Eliza	5:32	Annalei	5:59
Tiffany	5:59	Ellie	6:21
Marley	5:46	Ilona	6:28
Riley	5:24	Ansley	6:36

11:30 am 4x1600m			
A		B	
Mark	4:58	Jackson	5:22
James B	5:10	Miller	5:22
Brian	5:05	Will	5:30
Kaden	4:52	Ben VR	5:22

1:00 pm DMR			
A			
Eliza	4:04	Marissa	4:35
Ilona	1:10	Sav Sm	1:25
Marley	2:43	Sarah M	3:07
Riley	5:31	Mady K	6:57

1200m
400m
800m
1600m

1:15 pm DMR			
A		B	
Mark	3:35	Hayden	3:54
James B	1:02	Peyton	1:00
Kaden	2:13	Michael M	2:30
Brian	4:55	Chad	5:24

2:25 pm 4x800			
A		B	
Tiffany	2:50	Marissa	2:58
Ellie	2:59	Sav Sm	2:57
Ansley	3:08	Sarah M	3:05
Annalei	2:47	Mady K	3:08

2:40 pm 4x800			
A		B	
Jackson	2:24	Hayden	2:28
Miller	2:32	Chad	2:26
Will	2:32	Michael M	2:35
Ben VR	2:17	Peyton	2:24

2:55 pm 4x400			
A		B	
Ilona	1:10		
Savannah S	1:15		

3:10 pm 4x400			
A		B	
Mark	55.6		

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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