



9th ANNUAL LIGHTNING RELAYS hosted by Dale City Track Club

Saturday, May 18, 2024

Gainesville High School

13150 University Blvd, Gainesville, VA 20155

SESSION ONE

SATURDAY, MAY 18, 2024

YOUTH AGE GROUPS 8 UNDER & 9/10 ONLY

ORDER OF EVENTS

ALL FIELD EVENTS

TIME

8:00 AM

LONG JUMP (Youngest to oldest)
SHOT PUT (Youngest to oldest)
HIGH JUMP (Oldest to youngest)
TURBO-JAVELIN (Oldest to youngest)

RUNNING EVENTS

9:00 AM

100M
1500M
400M
4 X 100M
800M
200M

MIXED GENDER 4 X 400M

(Every team must use this run order: MALE-FEMALE-MALE-FEMALE)

4 X 400M



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SESSION TWO

SATURDAY, MAY 18, 2024

YOUTH AGE GROUPS 11/12 & 13/14 & HIGH SCHOOL

ORDER OF EVENTS

TIME

TBD

ALL FIELD EVENTS

LONG JUMP (Youngest to oldest)

SHOT PUT (Youngest to oldest)

HIGH JUMP (Oldest to youngest)

DISCUSS (Oldest to youngest)

AERO JAVELIN (450g) (ages 11-12)

TRIPLE JUMP (Youngest to oldest)

TIME

TBD

RUNNING EVENTS

3000m RUN

100M FINALS

80M/100M/110M HURDLES

800M

4 X 100M

400M

1500M

200M

MIXED GENDER 4 X 400M

(Every team must use this run order:

MALE-FEMALE-MALE-FEMALE)

4 X 400M

4 X 800M