

GCC GAUCHO RELAYS

High School Division

RUNNING EVENTS: 2:00 Rolling Schedule

Steeplechase Boys 2000 Meters
Steeplechase Girls 1000 Meters
F/S 110 Hurdles - Boys
110 Meter Hurdles-Boys
F/S 100 Hurdles – Girls
110 Hurdles – Girls
4 X 800 Relay-Boys
4 X 800 Relay-Girls
4 X 100 Relay-Boys
4 X 100 Relay –Girls
4 X 70 High Hurdle Shuttle – Boys
4 X 60 High Hurdle Shuttle – Girls
1600m Run – Boys
1600m Run – Girls
100m Dash – Boys
100m Dash - Girls
300 Hurdles – Boys
300 Hurdles - Girls
Sprint Medley (100-100-200-400) Boys
Sprint Medley (100-100-200-400) Girls
Distance Medley (1200-400-800-1600) Boys
Distance Medley (1200-400-800-1600) Girls
F/S 100 – Boys
F/S 100 - Girls
4 X 400 – Boys
4 X 400 – Girls
F/S 800m Run – Boys
F/S 800m Run – Girls
800m Run – Boys
800M Run - Girls

FIELD EVENTS –1:00PM

1:00 Long Jump – Boys – open pit
Long Jump – Girls – after boys
1:00 High Jump – Girls followed by boys
1:00 Pole Vault Girls – Starting Height to accommodate jumpers
Pole Vault Boys – after girls (starting height to accommodate jumpers)
1:00– Shot Put Girls followed by Boys *F/S Shot Put will be the first flight.*
1:00 Discus – Boys followed by Girls
Triple Jump – Boys and Girls After completion of LJ

Freshman/Sophomore events in italics