

2012 40TH ANNUAL RINCON RELAYS

First Session Field Events

1:00 Boys High Jump
 1:00 Boys Long Jump
 1:00 Boys Shot-put
 1:00 Girls Discus
 1:00 Girls Triple Jump
 1:00 Girls Pole Vault

Second Session Field Events (Immediately Follow First Session Field Events)

Girls High Jump
 Girls Long Jump
 Girls Shot-put
 Boys Discus
 Boys Triple Jump
 Boys Pole Vault

First Session Track Events

2:00 Girls 4 x 100 Shuttle Hurdles
 2:20 Boys 4 x 110 Shuttle Hurdles
 2:40 Girls Distance Medley
 1200-400-800-1600
 3:00 Boys Distance Medley
 1200-400-800-1600
 3:15 Girls Sprint Medley
 100-100-200-400
 3:30 Boys Sprint Medley
 100-100-200-400
 3:45 Girls 4 x 200
 4:00 Boys 4 x 200

Second Session Track Events

5:00 Girls 4 x 800
 5:15 Boys 4 x 800
 5:30 Girls 4 x 100
 5:50 Boys 4 x 100
 6:05 Girls Intermediates (Timed Finals)
 6:20 Boys Intermediates (Timed Finals)
 6:35 Girls 1600 Meter Run (Timed Finals)
 6:55 Boys 1600 Meter Run (Timed Finals)
 7:15 Girls 100 Meter Dash (Timed Finals)
 7:35 Boys 100 Meter Dash (Timed Finals)
 7:50 Girls 4 x 400
 8:10 Boys 4 x 400
 8:30 Team Awards