

JEFFCO LEAGUE RELAYS

Wednesday, April 15, 2026

2:00PM – Jeffco Stadium

Please bring warm clothes: sweats, hat, gloves, coats, etc.

Teams: Conifer, D'Evelyn, Dakota Ridge, Evergreen Green Mountain, Littleton, Pomona, Standley Lake, Wheat Ridge

First event will start at 2:00 pm and run consecutively one following the other.

Girls' 800 Meter Medley Relay (100-100-200-400)
Boys' 800 Meter Medley Relay (100-100-200-400)
Girls' 3200 Meter Relay (4 X 800)
Boys' 3200 Meter Relay (4 X 800)
Girls' 100 Meter Hurdles
Boys' 110 Meter Hurdles
Girls' 400 Meter Shuttle Hurdle Relay (4 X 100H)
Boys' 440 Meter Shuttle Hurdle Relay (4 X 110HH)
Girls' 100 Meter Dash
Boys' 100 Meter Dash
Girls' 6400 Meter Team Relay (Race) (4 X 1600)
Boys' 6400 Meter Team Relay (Race) (4 X 1600)
Girls' 800 Meter Relay (4 X 200)
Boys' 800 Meter Relay (4 X 200)
Girls' 1200 Meter Relay (4 X 300)
Boys' 1200 Meter Relay (4 X 300)
Girls' 400 Meter Relay (4 X 100)
Boys' 400 Meter Relay (4 X 100)
Girls' Distance Medley Relay (800-400-1200-1600)
Boys' Distance Medley Relay (800-400-1200-1600)
Girls' 400 Meter Dash
Boys' 400 Meter Dash
Girls' 300 Meter Hurdles
Boys' 300 Meter Hurdles
Girls' 800 Meter Run
Boys' 800 Meter Run
Girls' 200 Meter Dash
Boys' 200 Meter Dash
Girls' 3200 Meter Team Race
Boys' 3200 Meter Team Race
Girls' 1600 Meter Medley Relay (200-200-400-800)
Boys' 1600 Meter Medley Relay (200-200-400-800)
Girls' 1600 Meter Relay (4 X 400)
Boys' 1600 Meter Relay (4 X 400)
Girls' Throwers' Relay (4 x 100)
Boys' Throwers' Relay (4 x 100)

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FIELD RELAYS

1. Four jumps or throws per athlete, per event
2. The total distance or height is added for the team to determine the winners.
3. Scoring 10-8-6-5-4-3-2-1
4. Order of competition
 - Flight 1 – Fourth Best Jumper/thrower
 - Flight 2 – Third Best jumper/thrower
 - Flight 3 – Second best jumper/thrower
 - Flight 4 – Best Jumper/thrower

ORDER OF EVENTS

- Field Events: Long Jump – North Pit
Women– 2:00PM
Men – follow immediately after the women
- Triple Jump – South Pit
Men– 2:00PM
Women- follow immediately after the men
- Shot Put -
Women– 2:00PM
Men – follow immediately after the women
- Discus
Men– 2:00PM
Women –follow immediately after the men
- High Jump
Men - 2:00PM-North Pit
Women -2:00PM South Pit
- Pole Vault –South End
Women – 2:00PM
Men-follow immediately after the women