

**VINCE RELAYS**  
**Friday, April 10, 2026**

**Field Events**

3:00pm      Girls & Boys Pole Vault  
                 Girls Shot Put  
                 Girls High Jump  
                 Gils Long Jump  
                 Boys Discus  
                 Boys Triple Jump

4:00pm      Girls Discus  
                 Girls Triple Jump  
                 Boys Shot Put  
                 Boys High Jump  
                 Boys Long Jump

Girls and Boys Javelin will be held after the Discus, starting with the Girls.

**Running Events (Rolling Schedule)**

|      |                                       |   |
|------|---------------------------------------|---|
| 4:00 | Girls 3200 Relay<br>Boys 3200 Relay   | Girls 300 Hurdles<br>Boys 300 Hurdles                   |
|      | Girls 100 Hurdles<br>Boys 110 Hurdles | Girls Medley Relay<br>Boys Medley Relay                 |
|      | Girls 100m Dash<br>Boys 100m Dash     | Girls 800m Run<br>Boys 800m Run                         |
|      | Girls 800 Relay<br>Boys 800 Relay     | Girls 200m Dash<br>Boys 200m Dash                       |
|      | Girls 1600m Run<br>Boys 1600m Run     | Girls 3200m Run<br>Boys 3200m Run<br>(May run together) |
|      | Girls 400 Relay<br>Boys 400 Relay     | Girls 1600 Relay<br>Boys 1600 Relay                     |
|      | Girls 400m Dash<br>Boys 400m Dash     |   |