

45th Annual WEC Co-ed Relays

April 29, 2024 Marcus, IA

Teams Entered:

MMCRU	South O'Brien
Akron-Westfield	Trinity Christian
Hinton	Harris-Lake Park
Gehlen Catholic	George-Little Rock
Remsen St. Marys	West Sioux
Hartley-Melvin-Sanborn	

Scoring: 10-8-6-4-2-1 for all events

Awards: Relay Medals: 1st, 2nd, 3rd, 4th
Ind. Medals: 1st, 2nd, 3rd, 4th, 5th

Schedule of Events

Running events start at 4:00 p.m.

Sprint Medley Relay (G)
Sprint Medley Relay (B)
3000 m (G)
3200 m (B)
4 X 800 (G)
4 X 800 (B)
W.E.C. Sportsmanship Award
Shuttle Hurdle (G)
Shuttle Hurdle (B)
100 m finals (G)
100 m finals (B)
Distance medley relay (G)
Distance medley relay (B)
400 m (G)
400 m (B)
4 X 200 (G)
4 X 200 (B)
100 m hurdles (G)
110 m high hurdles (B)
800 m (G)
800 m (B)
200 m finals (G)
200 m finals (B)
400 m hurdles (G)
400 m hurdles (B)
1500 m (G)
1600 m (B)
4 X 100 (G)
4 X 100 (B)
4 X 400 (G)
4 X 400 (B)

Field Events: 4:30 p.m.

High Jump (G)-start at 4'2"
Shot Put (G)-4 throws
Discus (B)-4 throws
Long Jump (B)-4 jumps
High Jump (B)-start at 5'2"
Shot Put (B)-4 throws
Discus (G)-4 throws
Long Jump (G)-4 jumps