



Sportsplex TwiLight Relays

Thursday, April 16, 2009 @ 5:00pm

ORDER OF EVENTS

400m Hurdles
Distance Medley (1200, 400, 800, 1600)
1 Mile Run
Sprint Medley (800, 200, 200, 400)
4 x 200m Relay

4 x 800m Relay
4 x 100m Relay
4 x 400m Relay

Field Events

Long Jump Relay (3 athletes per team)
High Jump Relay (2 athletes per team)
Shot Put Relay (3 athletes per team)

Admission: Free under 5 years old

\$5.00 Adults / \$3.00 Students

For more information contact: Tony Reid via phone (301)583-2661

OR

Via email at Tony.Reid@pgparks.com