

# 3<sup>rd</sup> Annual Fool's Relay Run

Lewis County High School will be hosting the 3<sup>rd</sup> annual Fool's Run Relay Meet on Friday, March 29<sup>th</sup>. We are opening this meet to High Schools and Middle Schools. This is an opportunity for athletes to compete in some events that are not available at traditional meets. Start time will be 4:30. Questions, please contact Mike Smith at [mcsmith@k12.wv.us](mailto:mcsmith@k12.wv.us). Entries will be done on Hytek.

## Session 1

Girls Shot  
Boys Disc  
Boys Long Jump  
Girls High Jump  
Boys Pole Vault



## Session 2

Girls DMR 1200-400-800-1600  
Boys DMR 1200-400-800-1600  
Girls Shuttle Hurdle Relay  
Boys Shuttle Hurdle Relay  
Girls SWD 100-200-300-400  
Boys SWD 100-200-300-400  
Mixed Distance Medley 800-400-400-800  
Girls SMR 100-100-200-400  
Boys SMR 100-100-200-400  
Throwers Relay 4x100  
Girls 4x400  
Boys 4x400

## Session 3

Boys Shot  
Girls Disc  
Girls Long jump  
Boys High Jump  
Girls Pole Vault

