



**12th Russ Edwards Big C Relays
March 31st, 2023**

Friday Competition 10:00AM-8:30PM

- 9:00 Coaches' Meeting
9:45 Opening Ceremony

Field Events

- 10:00 Long Jump
11:00 Alaska Airlines Pentathlon Girls High Jump
Alaska Airlines Pentathlon Boys High Jump
Girls High Jump
Boys High Jump
LifeMed "Lord of the Throwing Ring" Girls Discus
LifeMed "Lord of the Throwing Ring" Boys Shot Put
Alaska Airlines Pentathlon Girls Shot Put
Alaska Airlines Pentathlon Boys Shot Put

Running Events

- 11:00 Todd Jackson State Farm Girls 3200m Invite
11:20 Todd Jackson State Farm Boys 3200m Invite
11:40 Girls Distance Medley Relay
12:40 Boys Distance Medley Relay
1:40 "Fastest Alaskan" Girls 100m Prelims
2:40 "Fastest Alaskan" Boys 100m Prelims
3:40 High Step Hustler Girls 100mH Prelims
4:15 High Step Hustler Boys 110mH Prelims
4:50 Girls 400m Invite
5:05 Boys 400m Invite
5:20 Swedish Medley
6:30 "High Step Hustler" Girls 100mH Semis
6:40 "High Step Hustler" Boys 110mH Semis
6:50 Alaska Airlines Pentathlon Girls 100m
6:55 Alaska Airlines Pentathlon Boys 100m
7:00 "Fastest Alaskan" Girls 100m Semis
7:10 "Fastest Alaskan" Boys 100m Semis
7:20 Girls 4x100m Relay
7:55 Boys 4x100m Relay
8:30 End

Event Program & Live Results
www.bigcrelays.com



**12th Russ Edwards Big C Relays
April 1st, 2023**

Saturday Competition 7:45AM-5:30PM

- 7:00 Team Breakfast
8:30 Coaches' Meeting

Field Events

- 7:45 Girls Pole Vault
Boys Pole Vault
9:00 LifeMed "Lord of the Throwing Ring" Girls Shot Put
LifeMed "Lord of the Throwing Ring" Boys Discus

Running Events

- 9:00 Alaska Airlines Pentathlon Girls 300mH
9:10 Alaska Airlines Pentathlon Boys 300mH
9:20 Girls 300mH Invite
9:35 Boys 300mH Invite
9:50 Girls Sprint Medley Relay (1/1/2/4)
10:30 Boys Sprint Medley Relay (1/1/2/4)
11:10 Girls 800m Invite
11:20 Boys 800m Invite
11:30 4xAlaskan Mile Relay
12:40 Skinny Raven Laird Prosser Memorial Mile
12:50 Girls Sprint Medley Relay (2/2/4/8)
1:40 Boys Sprint Medley Relay (2/2/4/8)
2:30 Ric Wilson 300m Challenge
3:10 Alaska Airlines Pentathlon Boys 800m
3:20 Alaska Airlines Pentathlon Boys 800m
3:30 "High Step Hustler" Girls 100mH Finals
3:40 "High Step Hustler" Boys 110mH Finals
3:50 "Fastest Alaskan" Girls 100m Finals
4:00 "Fastest Alaskan" Boys 100m Finals
4:10 Girls 4x400 Relay
4:55 Boys 4x400 Relay
5:30 End

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