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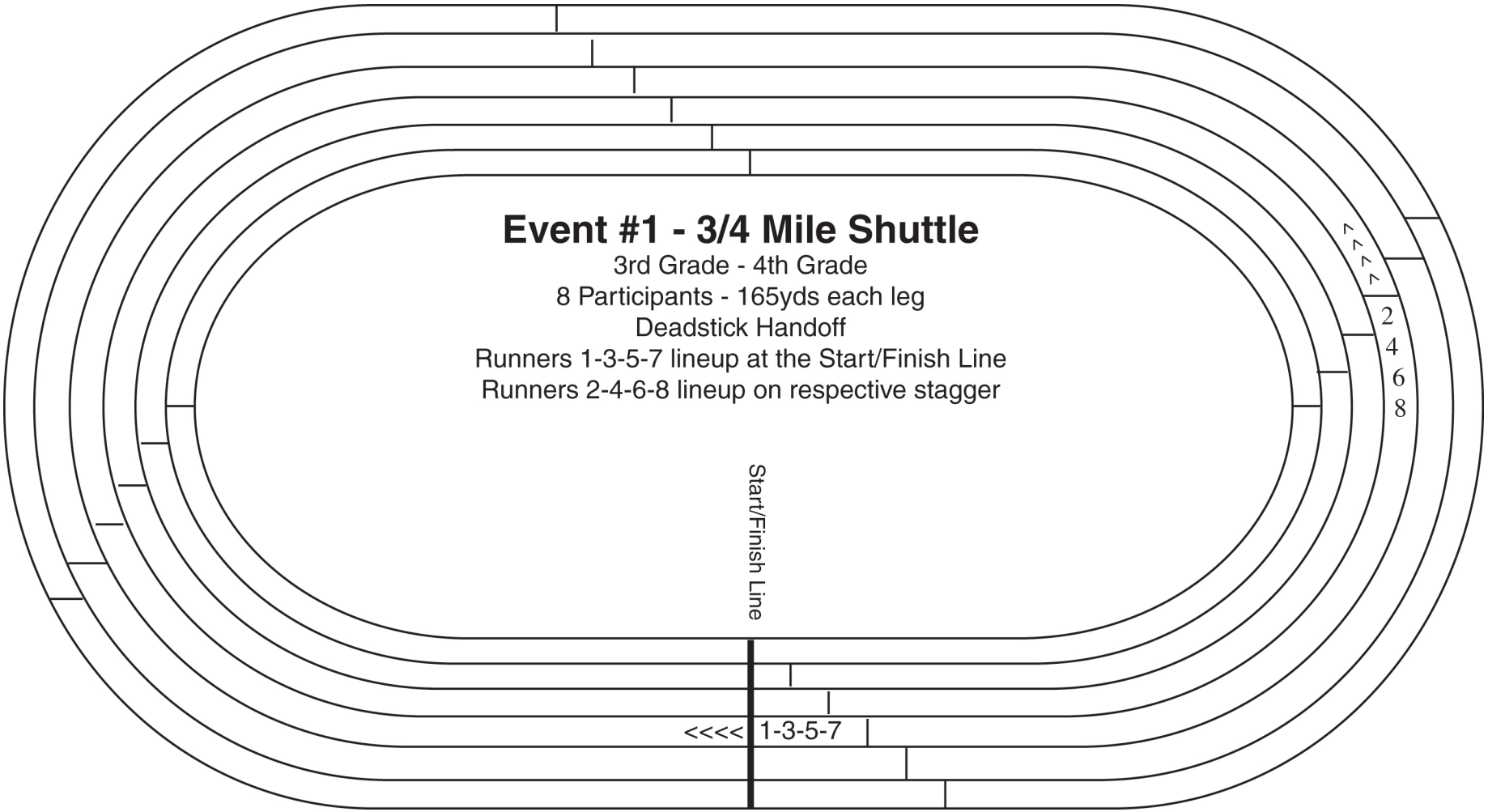
Event #1 - 3/4 Mile Shuttle
3rd Grade - 4th Grade
8 Participants - 165yds each leg
Deadstick Handoff
Runners 1-3-5-7 lineup at the Start/Finish Line
Runners 2-4-6-8 lineup on respective stagger
Start/Finish Line
<<<<
1-3-5-7
<<<<
2
4
6
8

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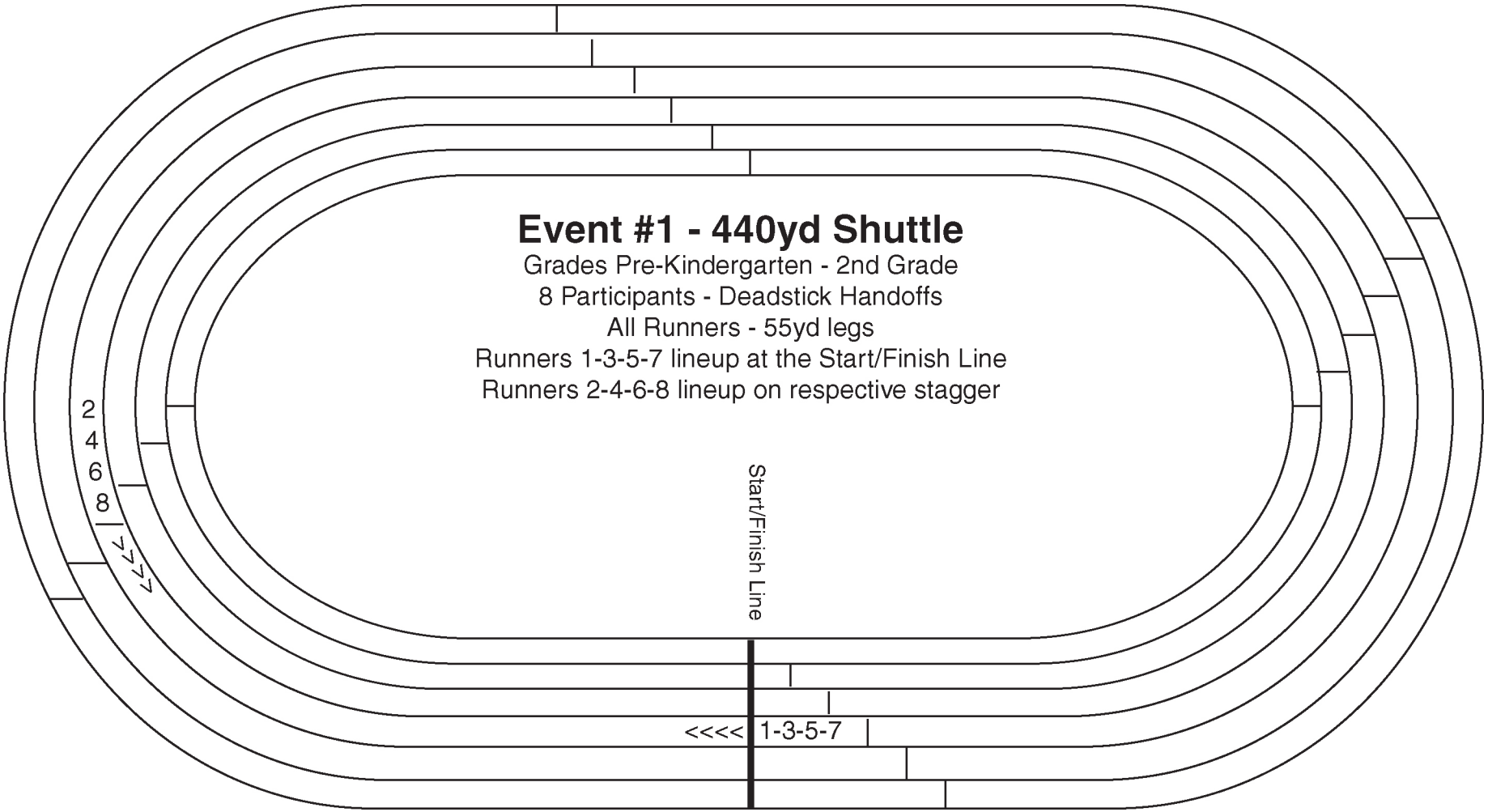
Event #1 - 440yd Shuttle
Grades Pre-Kindergarten - 2nd Grade
8 Participants - Deadstick Handoffs
All Runners - 55yd legs
Runners 1-3-5-7 lineup at the Start/Finish Line
Runners 2-4-6-8 lineup on respective stagger
2
4
6
8
<<<<
1-3-5-7
Start/Finish Line

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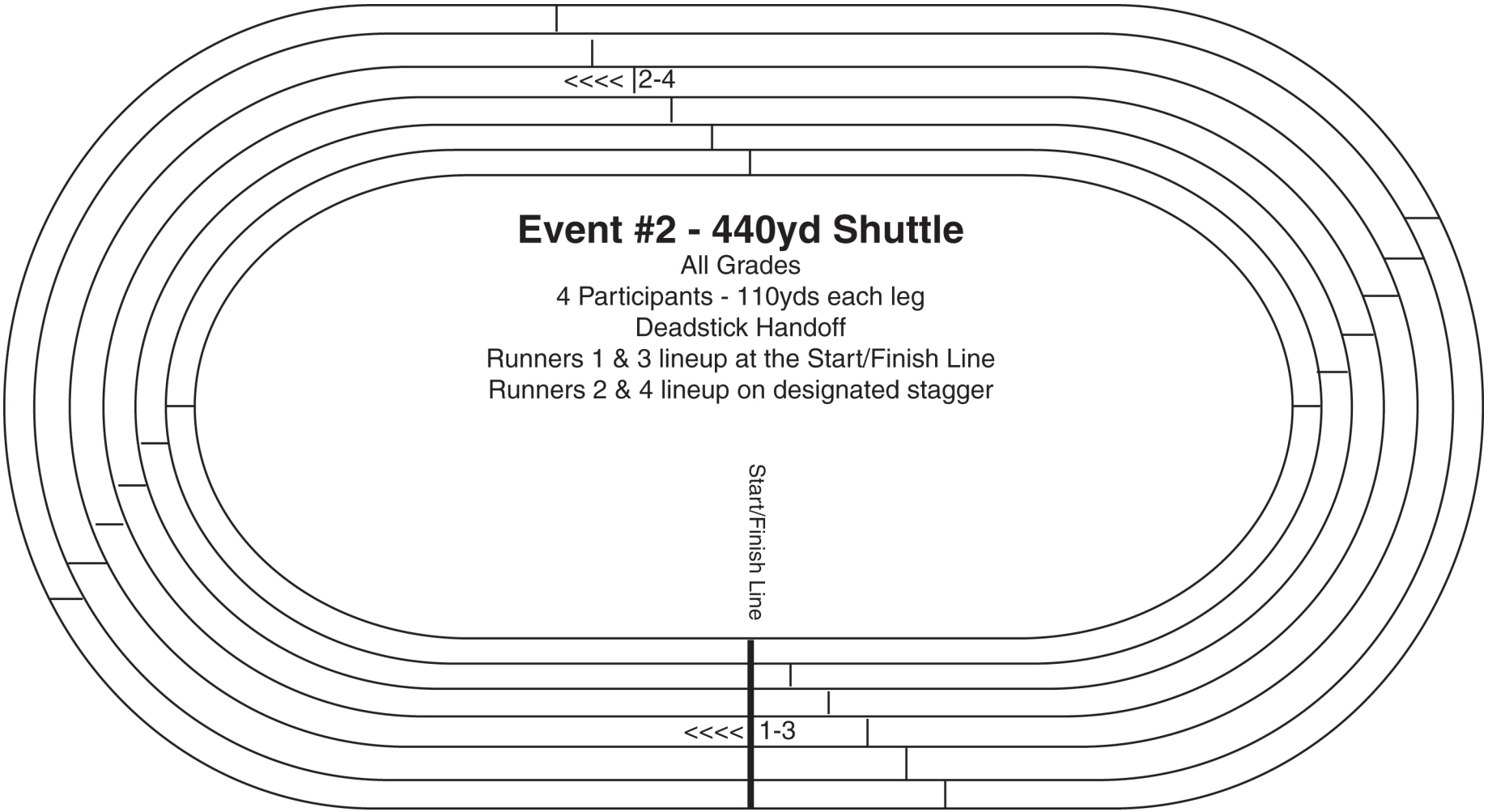

Event #2 - 440yd Shuttle

All Grades

4 Participants - 110yds each leg

Deadstick Handoff

Runners 1 & 3 lineup at the Start/Finish Line

Runners 2 & 4 lineup on designated stagger

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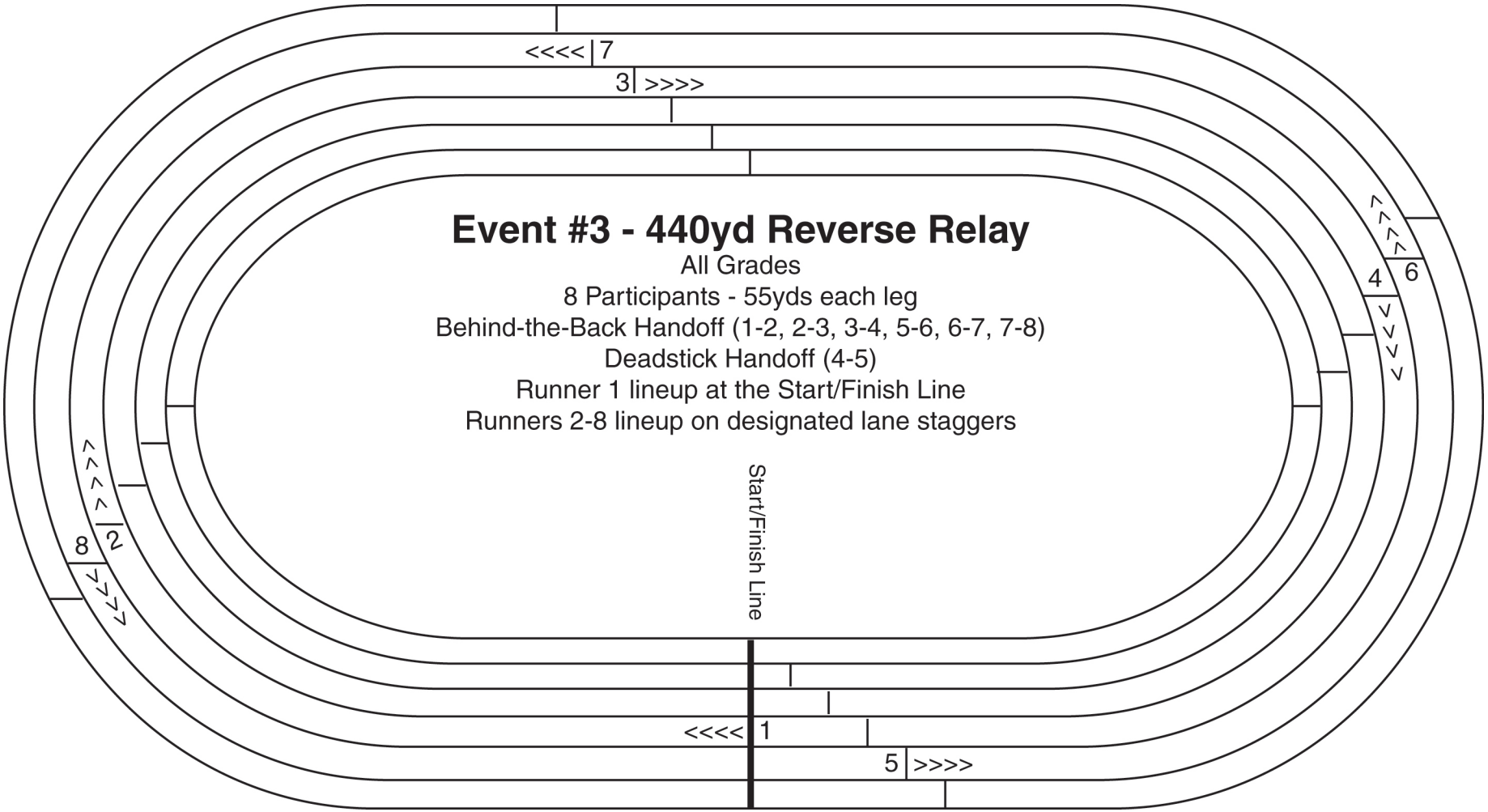

Event #3 - 440yd Reverse Relay

All Grades

8 Participants - 55yds each leg

Behind-the-Back Handoff (1-2, 2-3, 3-4, 5-6, 6-7, 7-8)

Deadstick Handoff (4-5)

Runner 1 lineup at the Start/Finish Line

Runners 2-8 lineup on designated lane staggers

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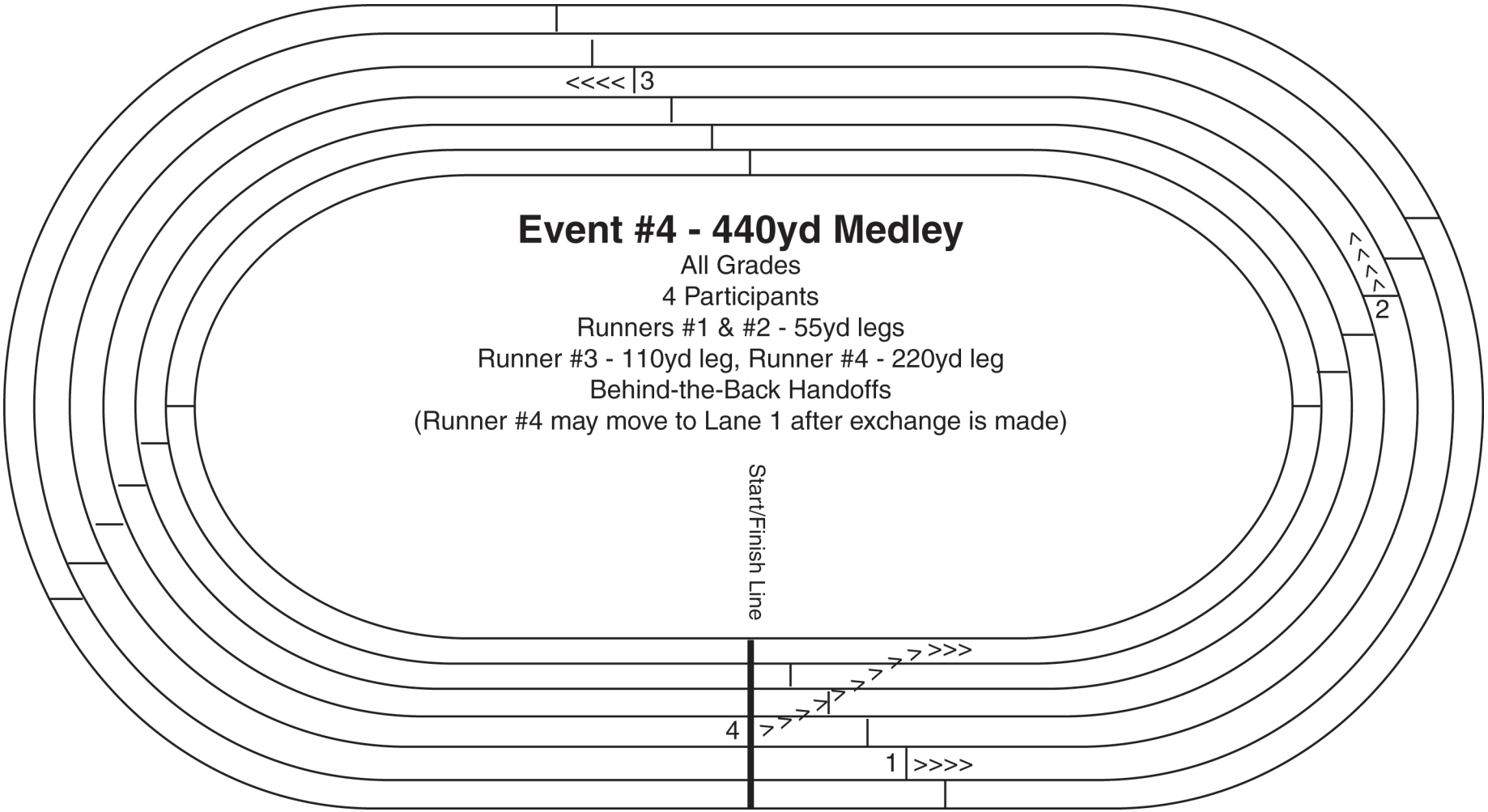
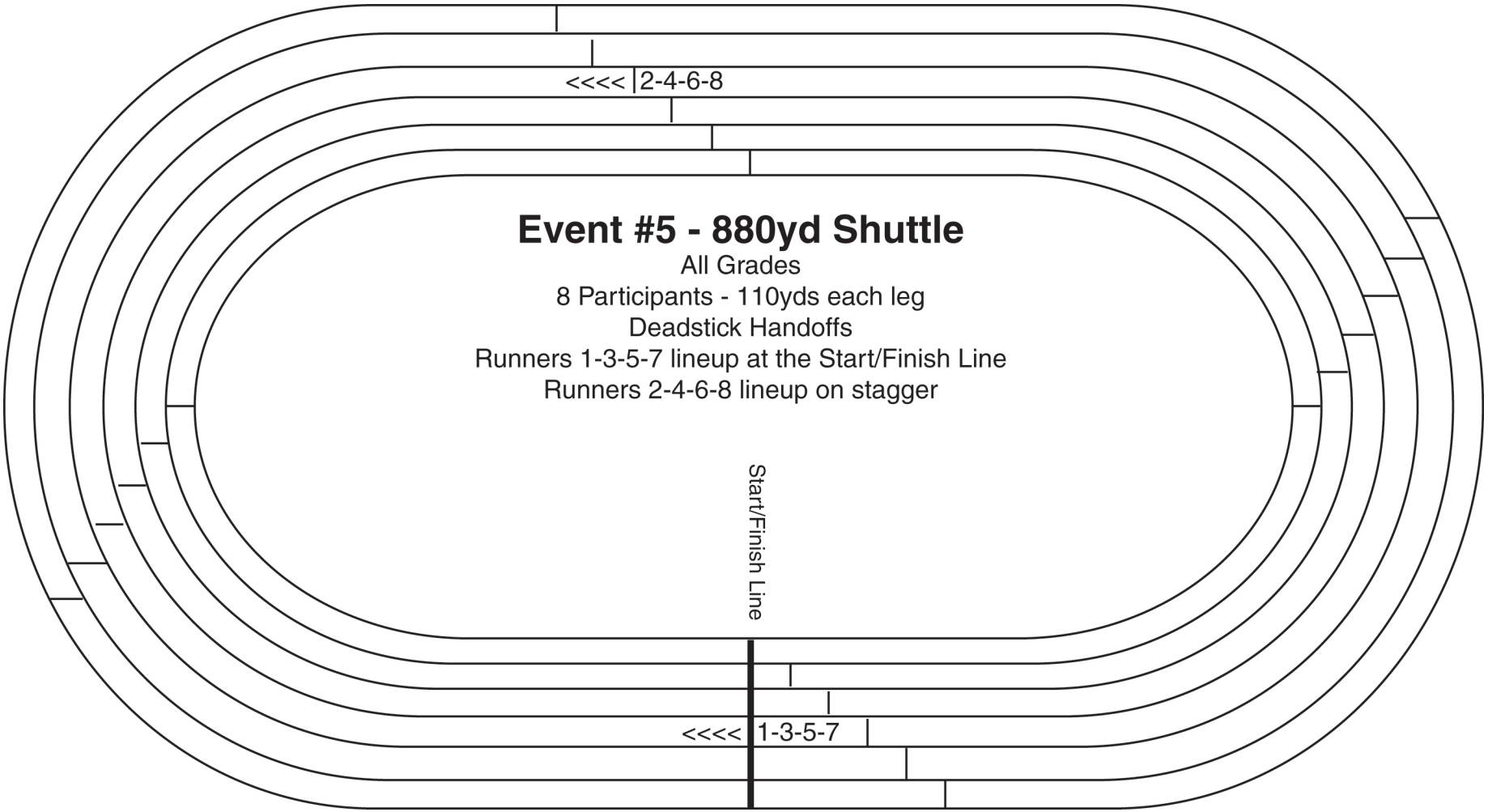


Event #4 - 440yd Medley

All Grades
4 Participants
Runners #1 & #2 - 55yd legs
Runner #3 - 110yd leg, Runner #4 - 220yd leg
Behind-the-Back Handoffs
(Runner #4 may move to Lane 1 after exchange is made)

KidsInc™



Event #5 - 880yd Shuttle

All Grades

8 Participants - 110yds each leg

Deadstick Handoffs

Runners 1-3-5-7 lineup at the Start/Finish Line

Runners 2-4-6-8 lineup on stagger

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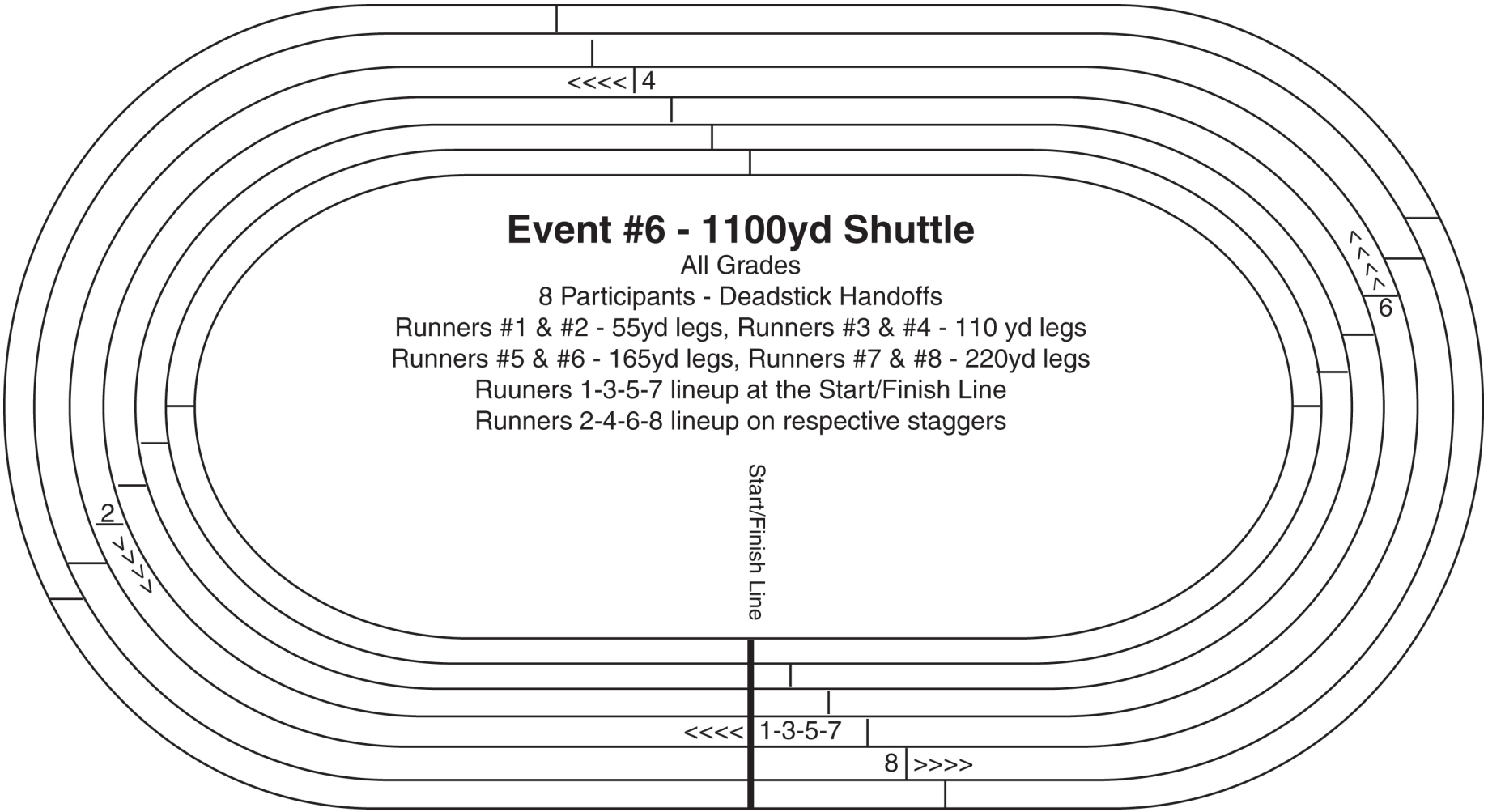

Event #6 - 1100yd Shuttle

All Grades

8 Participants - Deadstick Handoffs

Runners #1 & #2 - 55yd legs, Runners #3 & #4 - 110 yd legs

Runners #5 & #6 - 165yd legs, Runners #7 & #8 - 220yd legs

Ruuners 1-3-5-7 lineup at the Start/Finish Line

Runners 2-4-6-8 lineup on respective staggers

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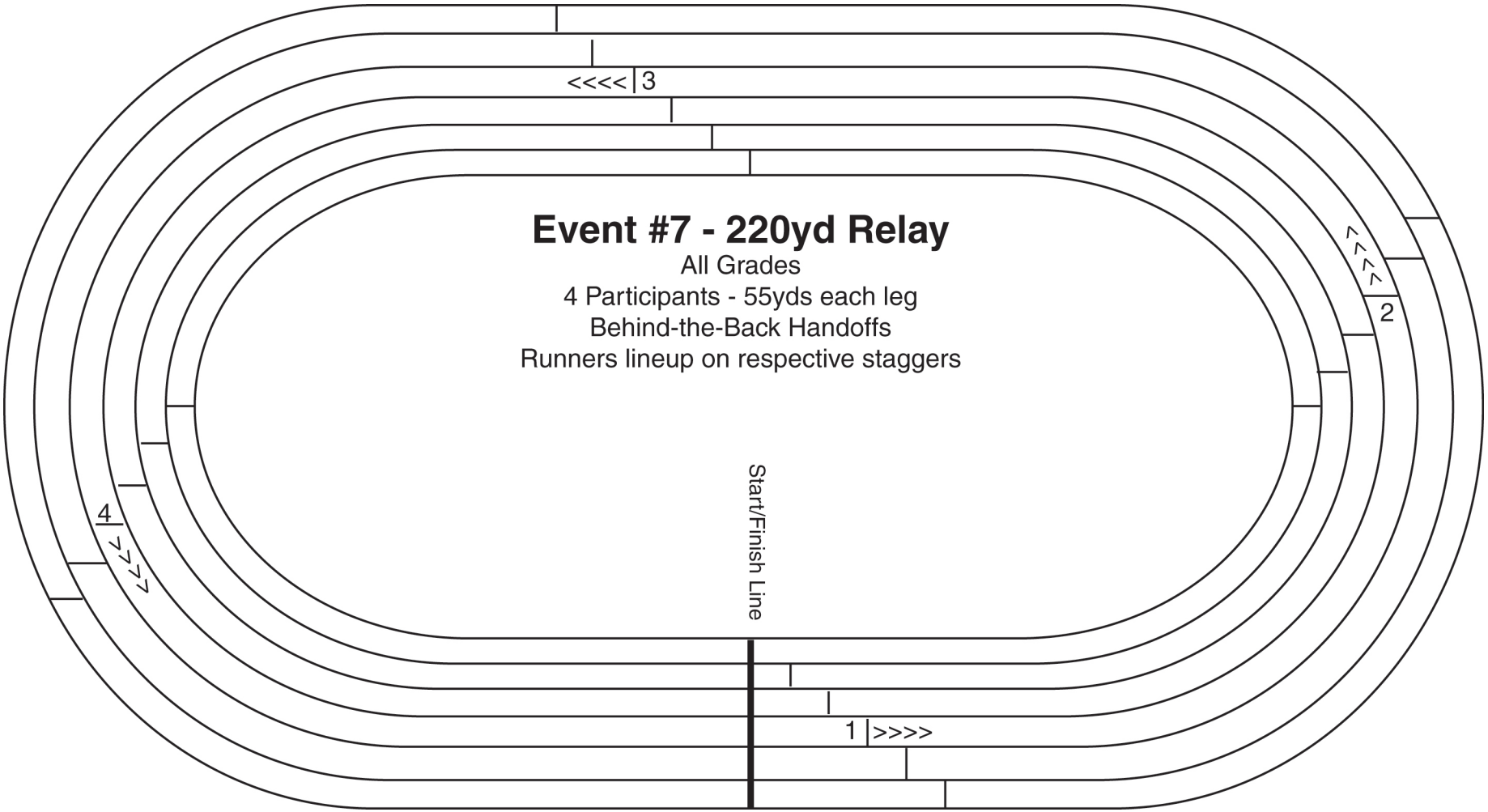
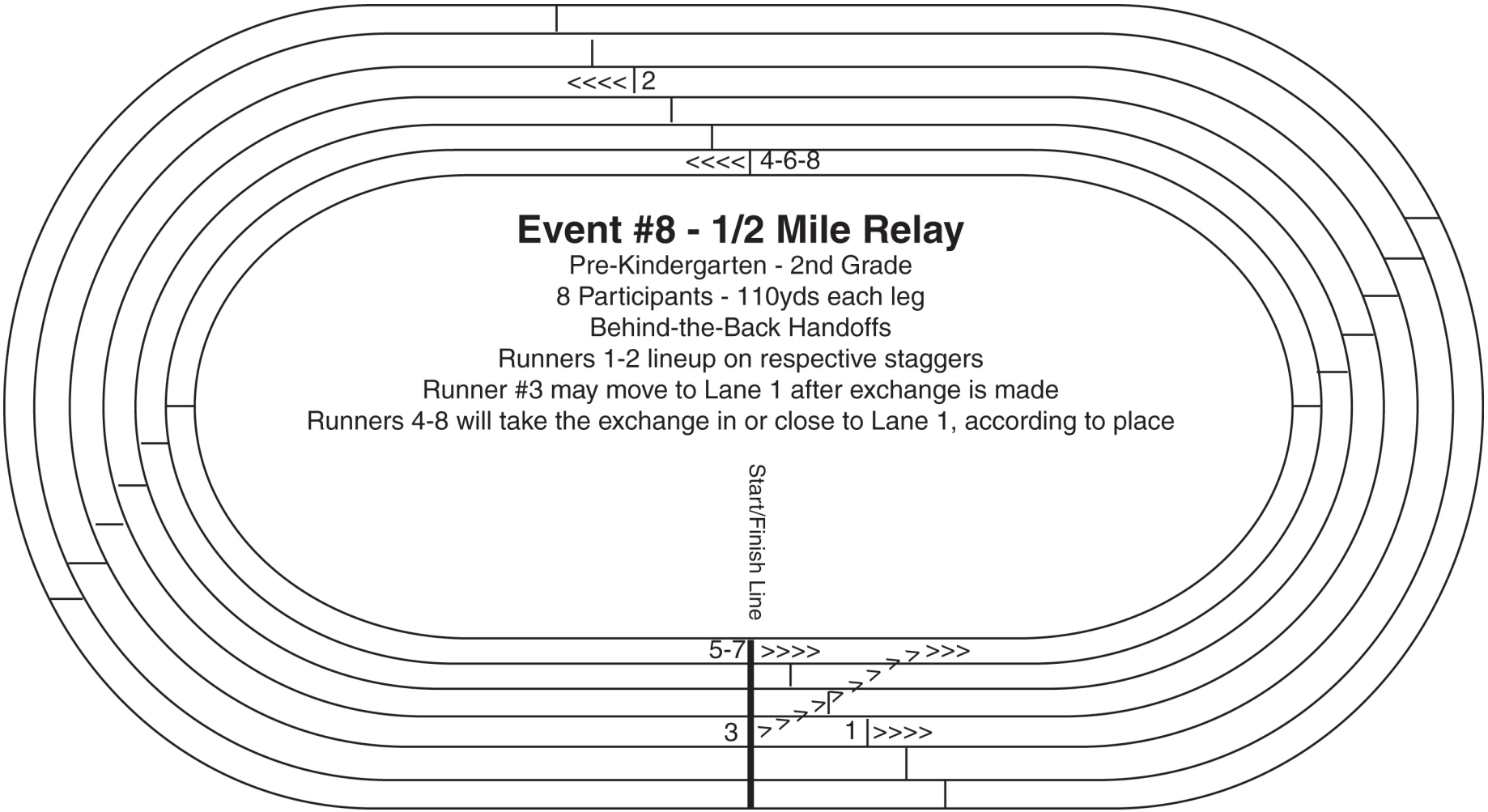

Event #7 - 220yd Relay
All Grades
4 Participants - 55yds each leg
Behind-the-Back Handoffs
Runners lineup on respective staggers
<<<< 3
<<<< 2
4 <<<<
1 >>>>
Start/Finish Line

KidsInc™



Event #8 - 1/2 Mile Relay

Pre-Kindergarten - 2nd Grade
8 Participants - 110yds each leg
Behind-the-Back Handoffs
Runners 1-2 lineup on respective staggers
Runner #3 may move to Lane 1 after exchange is made
Runners 4-8 will take the exchange in or close to Lane 1, according to place