



OREGON STATE CLUB RELAYS 2019

Event Descriptions

Distance Medley Relay (DMR)

Teams of four. The legs are 1200, 400, 800, 1600.

Sprint Medley Relay (SMR)

Teams of four. The legs are 100, 100, 200, 400.

3 Minute Race Walk

The gun goes off, three minutes later the race ends.

2 x [4 x 200m Relay]

Teams of four, each person runs two 200m legs. Both your legs start in the same place, and you receive the baton from the same person on both hand-offs. After your first leg you have three legs to get back to your starting point. (walk/jog across the infield)

Backwards 100m Dash

Sprint backwards, 100 meters, stay in your lane!

Joggers Mile

Predict your time, no watches, the individual who runs the time closest to their prediction wins!

Reverse Elimination Race

Every lap, the **FIRST** person is eliminated. You race to get out of the race. The first three to be eliminated will get a special prize.

4 x 400m Relay

If you know, you know.