

30th Annual Jim Arquilla Long Beach Relays -

Long Beach City College

Running Events Starts at 9:00 AM

9:00 AM

#25 **Girls** 4x1600 Meter Relay Varsity AND Frosh/Soph (One Girl race)

#26 Boys 4x1600 Meter Relay Varsity AND Frosh/Soph (One Boy race)

#27 **Girls** 1600 Sprint Medley Frosh/Soph Finals

#28 Boys 1600 Sprint Medley Frosh/Soph Finals

#29 **Girls** 1600 Sprint Medley Varsity Finals

#30 Boys 1600 Sprint Medley Varsity Finals

#31 Boys 110 Meter Hurdles Frosh/Soph

32 Boys 110 Meter Hurdles Varsity Finals

33 **Girls** 100 Meter Hurdles Varsity Finals

#34 **Girls** 100 Meter Hurdles Frosh/Soph

#35 Boys 4x100 Meter Relay Frosh/Soph Finals

#36 **Girls** 4x100 Meter Relay Frosh/Soph Finals

#37 **Girls** 4x100 Meter Relay Varsity Finals

- #38 Boys 4x100 Meter Relay Varsity Finals
- #39 **Girls** 4x800 Meter Relay Frosh/Soph Finals
- #40 Boys 4x800 Meter Relay Frosh/Soph Finals
- #41 **Girls** 100 Meter Dash Frosh/Soph Finals
- #42 Boys 100 Meter Dash Frosh/Soph Finals
- #43 **Girls** 100 Meter Dash Varsity Finals
- #44 Boys 100 Meter Dash Varsity Final
- #45 **Girls** 4x800 Meter Relay Varsity Finals
- #46 Boys 4x800 Meter Relay Varsity Finals
- #47 **Girls** 4x200 Meter Relay Frosh/Soph Finals
- #48 Boys 4x200 Meter Relay Frosh/Soph Finals
- #49 **Girls** 4x200 Meter Relay Varsity Finals
- #50 Boys 4x200 Meter Relay Varsity Finals
- #51 **Girls** Distance Medley Frosh/Soph Finals
- #52 Boys Distance Medley Frosh/Soph Finals
- #53 **Girls** Distance Medley Varsity Finals
- #54 Boys Distance Medley Varsity Finals
- #55 **Girls** 4x400 Meter Relay Frosh/Soph Finals
- #56 Boys 4x400 Meter Relay Frosh/Soph Finals
- #57 **Girls** 4x400 Meter Relay Varsity Finals
- #58 Boys 4x400 Meter Relay Varsity Finals

30th Annual Jim Arquilla Long Beach Relays - 3/11/2017
Long Beach City College
Field Events Starts at 09:00 AM

- 9:00 AM #1 Boys Pole Vault Varsity Finals**
- 9:00 AM #2 Boys Long Jump Frosh/Soph Finals**
- 9:00 AM #3 Boys Long Jump Varsity Finals**
- 9:00 AM #4 Girls High Jump Varsity Finals**
- 9:00 AM #5 Girls Shot Put Varsity Finals1**
- 9:00 AM #6 Boys Discus Throw Varsity Finals**

- 10:30 AM #7 Girls Shot Put Frosh/Soph Finals**
- 10:30AM #8 Boys High Jump Varsity Finals**
- 10:30 AM #9 Girls Long Jump Varsity Finals**
- 10:30 AM #10 Girls Long Jump Frosh/Soph Finals**
- 10:30 AM #12 Girls Pole Vault Varsity Finals**
- 10:30 AM #13 Boys Discus Throw Frosh/Soph Finals**

- 12:00 PM #14 Girls Discus Throw Varsity Finals**
- 12:00 PM #15 Boys High Jump Frosh/Soph Finals**
- 12:00 PM #16 Girls Triple Jump Varsity Finals**
- 12:00 PM #17 Boys Triple Jump Varsity Finals**
- 12:00 PM #18 Boys Shot Put Varsity Finals1**
- 12:00 PM #19 Boys Pole Vault Frosh/Soph Finals 2**

- 1:30 PM #20 Boys Triple Jump Frosh/Soph Finals**
- 1:30 PM #21 Girls Triple Jump Frosh/Soph Finals**
- 1:30 PM #22 Girls High Jump Frosh/Soph Finals**
- 1:30 PM #23 Girls Pole Vault Frosh/Soph Finals**
- 1:30 PM #24 Girls Discus Throw Frosh/Soph Finals**
- 1:30 PM #25 Boys Shot Put Frosh/Soph Finals**