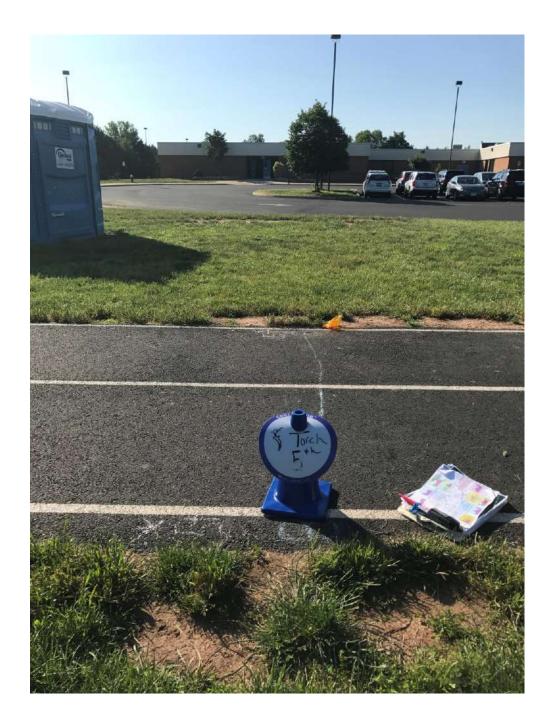
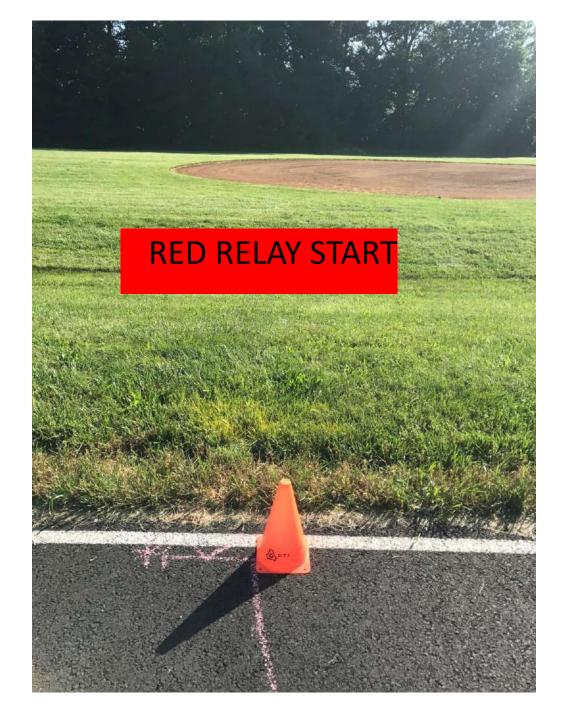
Here are the relay race and grade level torch holder picture diagram with designated relay team color cones. All outside lane relay teams ( alumnae/ teachers ) **EXCEPT FOR GREEN & PURPLE**, will line up behind a cone that will be placed on the outside lane grassy area. We will be doing only a verbal "GO" "hand off"...(No baton/ body contact). After you have verbally yelled "GO" to your team mate, Veer TO THE OUTSIDE GRASSY AREA!!!. When your team mate is almost to you they will say GO...you need to be moving slowing forward to receive the verbal command. DON'T BE STANDING STILL..... Do to limited grassy space on the lanes closest to Cascades, The GREEN & PURPLE TEAMS...WILL BE LINED UP ON THE INSIDE GRASSY AREA. The outside lane runners will still veer to the outside small grassy area by the fence. Please stay seated...Only the runners that are waiting their turn are on the track. Please this isn't the Olympics and we don't have to go extreme speed. Safety #1 rule. Have fun and thanks for trotting ©

\*\*\*If you are helping at these running relay, there will be a clipboard with all the names of the runners. There maybe someone that doesn't show up...just fill in!...

















BOTH TEAMS LINE UP BEHIND CONES THAT ARE PLACED ON THE INSIDE OF THE TRACK. OUTSIDE LANE RUNNERS STILL VEER TO THE OUTSIDE LANE BY THE FENCE AFTER "GO COMAND" TO YOUR "HAND OFF" PERSON.









