



OREGON STATE CLUB RELAYS 2020

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

Whether experienced or not, speed-walking participants will go all out in this 3 minute dash around the track. Make sure to keep one foot on the ground at all times!

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. Lace up your shoes tight to not lose them!

Joggers Mile

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

Elimination Mile

Every lap, the last person to cross the finish line is eliminated. This is a game of strategy and running skill. May the best runner triumph!

4 x 400m Relay

Teams of four. Four laps around the track.