



## 2024 (44<sup>th</sup> Annual) Running Room Indoor Games

Daytime Schedule -- Saturday, March 9, 2024

OTHER INFORMATION ON REVERSE OF THIS SHEET

9:15 a.m.	Elementary Girls' Relay Quarter-finals	10 races	Winners plus 14 to Semi-finals
10:15 a.m.	Elementary Boys' Relay Quarter-finals	10 races	Winners plus 14 to Semi-finals
11:15 a.m.	Junior High Girls' Relay Semi-finals [Short Break]	2 races	Winners plus 4 to Final
11:45 a.m.	Junior High Boys' Relay Semi-finals	2 races	Winners plus 4 to Final
11:55 p.m.	Elementary Girls' 200m Quarter-finals	10 races	Winners plus 8 to Semi-finals
12:05 p.m.	Elementary Boys' 200m Quarter-finals	10 races	Winners plus 8 to Semi-finals
12:15 p.m.	Elementary Girls' 800m Semi-finals	3 races	Winners plus 7 to Final
12:25 p.m.	Elementary Boys' 800m Semi-finals [Break]	3 races	Winners plus 7 to Final
2:25 p.m.	Elementary Girls' Relay Semi-finals	4 races	Winners plus 8 to Finals
2:45 p.m.	Elementary Mixed Relay Semi-finals	4 races	Winners plus 2 to Final
3:05 p.m.	Elementary Boys' Relay Semi-finals	4 races	Winners plus 8 to Finals
3:30 p.m.	Junior High Girls' 200m Semi-finals	2 races	Winners plus 3 to Final
3:35 p.m.	Junior High Boys' 200m Semi-finals	2 races	Winners plus 3 to Final
3:40 p.m.	Elementary Girls' 200m Semi-finals	3 races	Winners plus 3 to Final
3:45 p.m.	Elementary Boys' 200m Semi-finals	3 races	Winners plus 3 to Final

EVENING PROGRAM STARTS AT 5:55 p.m.

The above schedule is subject to change without notice. Coaches and athletes should be at the Universiade Pavilion at least one hour before the times indicated.

### EVENING PROGRAMME

5:55 p.m.	Opening Ceremony	7:15 p.m.	Isaak's Invitational Eight Women
6:00 p.m.	Pat Munro Memorial Elementary Girls' 800m Final	7:15 p.m.	Elementary Boys' Long Jump
6:07 p.m.	Elementary Boys' 800m Final	7:25 p.m.	Isaak's Invitational Eight Men
6:15 p.m.	Junior High Girls' 800m Final	7:35 p.m.	Irv Barros Running Room Indoor Games Coaching Award Presentation
6:15 p.m.	Elementary Girls' Long Jump	7:45 p.m.	Elementary Girls' Relay Consolation Final
6:22 p.m.	Junior High Boys' 800m Final	7:55 p.m.	Elementary Boys' Relay Consolation Final
6:30 p.m.	Senior High Girls' 800m Final	8:05 p.m.	Elementary Mixed Relay Final
6:37 p.m.	Senior High Boys' 800m Final	8:15 p.m.	Elementary Girls' Relay Final
6:45 p.m.	Elementary Girls' 200m Final	8:25 p.m.	Elementary Boys' Relay Final
6:50 p.m.	Elementary Boys' 200m Final	8:35 p.m.	Senior High Girls' Relay Final
6:55 p.m.	Junior High Girls' 200m Final	8:45 p.m.	Senior High Boys' Relay Final
7:00 p.m.	Junior High Boys' 200m Final	8:55 p.m.	Junior High Mixed Relay Final
7:05 p.m.	Senior High Girls' 200m Final	9:05 p.m.	Junior High Girls' Relay Final
7:10 p.m.	Senior High Boys' 200m Final	9:15 p.m.	Junior High Boys' Relay Final



## **Memo to Coaches: Relays**

**Kindly review rules with your teams prior to the race. No instructions will be given at centre field.**

1. **Start Line:** Only one command is given before the gun is fired - "ON YOUR MARKS".
2. First runner on each team must run the entire race in his or her assigned lane. The athlete must NOT step on the left line (at all) at any time.
3. **Exchange:** Coaches please stress the following:
  - a) 20-metre exchange zone. Please point out pylon which indicates the end of exchange zone.
  - b) Second (2nd) runner on each team is assigned to same lane as first runner. Subsequent runners (3 to 8) are placed on the track according to the team's position in the race.
  - c) Runners 2 to 8: Once the exchange has been made, the outgoing runner should move in safely to the inside lane(s).
  - d) After the exchange, incoming runners should remain in their lanes until it is safe to leave the track.
4. **Passing Slower Runners:** No contact, interference, or cutting off is permitted. It is safer to pass a slower runner on the outside (right).
5. **Finish Line:** Ensure the last runner on each team knows where the finish line is (past the lane numbers and striped pole).