

# **CO-ED HAWK RELAYS**

## **Meet Information**

**Date:** Monday, March 19, 2018

**Site:** Hillsboro High School

**Time:** Scratch Meeting at 3:30pm, Field Events 4:00pm, Running Events 4:15pm

**Awards:** Relay medals 1st thru 4th

**Scoring:** 10-8-6-4-2-1

**Surface:** 8 Lane Rubberized Track. We have separate long / triple jump runways and landing pits. 3/16 spikes only

## **ORDER OF EVENTS**

### **RUNNING EVENTS: BEGIN @ 4:15**

4 X 800: Any order

SPRINT MEDLEY (G 200, B/G 100, B/G 100, B 400)

4 X 100: Any order

1600 MEDLEY (G 400, B/G 200, B/G 200, B 800)

### **30 MIN BREAK**

SHUTTLE HURDLES: B,G,B,G

4 X 200: Any order

DISTANCE MEDLEY (G 1200, B 800, G 400, B 1600)

4 X 400: Any order

### **FIELD EVENTS: BEGIN @ 4:00**

SHOT PUT: 2.5 hours to complete 3 Throws DISCUS: 2.5 hours to complete 3 Throws

LONG JUMP: 2.5 hours to complete 3 Jumps

TRIPLE JUMP: 2.5 hours to complete 3 Jumps

HIGH JUMP: Boy's First

POLE VAULT: Girl's First

JAVELIN: Girls First