

### **Titan Relays Tentative Time Schedule:**

<b>3:10PM</b>	<b>Athletes may begin warmups for field events</b>
<b>3:15PM</b>	<b>Coaches Meeting in Home Team Room</b>
<b>3:30PM</b>	<b>Boys Pole Vault, Boys Long Jump, Boys Discus, Girls High Jump, Girls Shot</b>
<b>4:00PM</b>	<b>4 x 800 Girls</b>
<b>4:15PM</b>	<b>4 x 800 Boys</b>
<b>4:30PM</b>	<b>Shuttle Hurdles Girls (30")</b>
<b>4:45PM</b>	<b>Shuttle Hurdles Boys (36")</b>
<b>5:00PM</b>	<b>4 x 200 Girls</b>
<b>5:10PM</b>	<b>4 x 200 Boys</b>
<b>5:20PM</b>	<b>Sprint Medley (100, 100, 200, 400) Girls</b>
<b>5:35PM</b>	<b>Sprint Medley (100, 100, 200, 400) Boys</b>
<b>5:45PM</b>	<b>3200 CC Style Girls (3 athletes per school)</b>
<b>6:00PM</b>	<b>3200 CC Style Boys (3 athletes per school)</b>
<b>6:35PM</b>	<b>Mid Distance (600, 200, 400, 800) Girls</b>
<b>6:55PM</b>	<b>Mid Distance (600, 200, 400, 800) Boys</b>
<b>7:15PM</b>	<b>4 x 100 Girls</b>
<b>7:25PM</b>	<b>4 x 100 Boys</b>
<b>7:35PM</b>	<b>DMR (1200, 400, 800, 1600) Girls</b>
<b>7:55PM</b>	<b>DMR (1200, 400, 800, 1600) Boys</b>
<b>8:15PM</b>	<b>Field Event 4 x 100 Girls</b>
<b>8:25PM</b>	<b>Field Event 4 x 100 Boys</b>
<b>8:35PM</b>	<b>4 x 400 Girls</b>
<b>8:50PM</b>	<b>4 x 400 Boys</b>
<b>9:10PM</b>	<b>Medals and Awards</b>

**Where possible we will run ahead of schedule but the Mid Distance Relay will start at 6:35PM**

Scoring is 10-8-6-4-2-1 with medals going to the top 3 relay teams in each event. .

The shot put and discus will be run in flights with each thrower receiving 3 throws. The tie breaker will be the 3rd throwers best throw.

The pole vault and high jump will be run 5 alive, raises will be as follows:

Girls High Jump - 4'0, 4'4, 4'8, 4'10, 5'0, 5'2

Boys High Jump - 5'0, 5'4, 5'8, 5'10, 6'0, 6'2

Girls Pole Vault - 6'0, 7'0, 7'9, 8'6, 9'0, 9'6

Boys Pole Vault -8'0, 9'0, 9'9, 10'6, 11'0, 11'6

The tie breaker for the high jump and the vault will be the total number of misses.

For the long jump, all jumps must be completed in 90 minutes, each jumper is given 3 jumps. The 3rd jumper serves as the tie breaker.

In the Field Event 4 x 100, at least 2 of the 4 participants must compete in one of the throwing events.

The other two participants may be throwers or they may be competitors who do not run any other events on the track (they could be field event participants who are not in any other running events or JV athletes not competing in any other events). For the race, the athletes will use a discus as the baton.