

Auburn JH Relays Meet (5/07/24)

Order of Events

Field Events – 4:00 PM

Shot: Girls followed by Boys

Discus: Boys followed by Girls

Boys Long Jump followed by Triple Jump (Pit location TBD)

Girls Long Jump followed by Triple Jump (Pit location TBD)

High Jump: Boys followed by Girls

Pole Vault: Girls followed by Boys

Running Events – Approximately 5:30 PM (Girls followed by Boys)

Distance Medley (800, 400, 1200, 1600)

Hurdle Shuttle

Medley Relay (400, 200, 200, 800)

Sprint Medley (100, 100, 200, 400)

4 X 800

4 X 200

4 X 100

4 X 400

Description of Events

Distance Medley Relay: Four Racers: 800, 400, 1200, 1600

Hurdle Shuttle:

75M Hurdles (Girls Hurdle Height = 30"; Boys Hurdle Height = 33")

7 Hurdles - 13M to Start, 8.5M Between Hurdles, 13M to Finish

Medley Relay: Four Racers; 400, 200, 200, 800

Sprint Medley Relay: Four Racers; 100, 100, 200, 400

3200M Relay: Four Racers each running 800

800M Relay: Four Racers each running 200

400M Relay: Four Racers each running 100

1600M Relay: Four Racers each running 400

Shot Put Relay (8lb Shot): Three Throwers; Total of all three throwers

Discus Relay: Three Throwers; Total of all three throwers

High Jump Relay: Three Jumpers; Total of all three jumpers

Pole Vault Relay: Three Vaulters; Total of all three vaulters

Long Jump Relay: Three Jumpers; Total of all three jumpers

Triple Jump Relay: Three Jumpers; Total of all three jumpers