

# 2024 Polar Bear Relays

## TIME SCHEDULE AND ORDER OF EVENTS

### Timetable - Field Events – 3 participants per school, 2 participants in PV

10:00 AM Girls Shot Put  
Boys Discus  
Girls Pole Vault  
Boys High Jump  
Girls & Boys Long Jump (Open pit 10am to Noon)

Boys Shot Put - After girls  
Girls Discus - After boys  
Boys Pole Vault - After girls  
Girls High Jump - After girls

### Timetable - Running Event Finals

11:00 AM Girls 4 x 1600m Relay  
Boys 4 x 1600m Relay  
Girls 4 x 100m Shuttle Hurdle Relay (30")  
Boys 4 x 110m Shuttle Hurdle Relay (30")  
Girls 4 x 200m Relay  
Boys 4 x 200m Relay  
Girls 4 x 800m Relay  
Boys 4 x 800m Relay  
Girls 4 x 100m Relay  
Boys 4 x 100m Relay  
Girls Sprint Medley Relay (100, 100, 200, 400)  
Boys Sprint Medley Relay (100, 100, 200, 400)  
Girls Distance Medley Relay (800, 400, 1200, 1600)  
Boys Distance Medley Relay (800, 400, 1200, 1600)  
Girls 4 x 400m Relay  
Boys 4 x 400m Relay

### GENERAL NOTES

1. Non-participating athletes will not be permitted inside the fenced area of the track during the running of the meet.
2. Awards will be given to the coaches immediately after the meet with the results. Results will be posted on [baumspage.com](http://baumspage.com) throughout the meet.
3. All relay teams must report to the clerk of course by the 2<sup>nd</sup> call.
4. Trophies will be given to the 1<sup>st</sup> and 2<sup>nd</sup> place teams in the meet.
5. Medals will be given in each event to the 1<sup>st</sup> place team with ribbons given to 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> place teams.
6. Lane assignments will be rotated.
7. A concession stand will be open during the meet.
8. We have an all-weather track. Please make sure all spikes are 1/4 or 1/8 inch.
9. Event scoring will be: 10-8-6-5-4-3-2-1