

Hello,

Because of league commitments we have moved the **T-Con Relays to Friday May 9<sup>th</sup>**. The Teresa Conti Relays will start at 4:00pm. Please fill out the sheets with the names of your athletes. You will turn this in at the coaches meeting which will be held in the press box at 3:45. We will score 1<sup>st</sup> -5<sup>th</sup> places. Below is an order of events. Look forward to seeing you and your teams on the 9<sup>th</sup>.

Thanks,

Mike Srodawa

Tallmadge Track and Field

### **Teresa Conti Relays**

May 9<sup>th</sup>

Start Time: 4:00 pm

Events:

Long Jump- Open Pit

High Jump (girls then boys)

Discus (boys then girls)

Shot (girls then boys)

Pole Vault (girls then boys)

Teresa Conti 3200m Run (Two runners from each team)

4x800 Shuttle Hurdles

4x100 Distance Med (800,400,1200,1600))

4X200

300m Hurdles Med (300m, 300IH, 300m, 300IH)

Sprint Med (100,100,200,400)

4x400

Ironman/woman Relay (non scoring)