

Hello,

Because of league commitments we have moved the **T-Con Relays to Thursday May 5th**. We also have the meet on Baumspage for your entries. 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 1st -5th places. Below is an order of events. Look forward to seeing you and your teams on the 5th.

Thanks,

Mike Srodawa

Tallmadge Track and Field

Teresa Conti Relays

May 5th **Start Time for field events is 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)

Running events start at 5:00

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)