

Schedule of events for the Seneca East Tiger Relays
Saturday, March 30, 2013

- 10:00 **Boys shot...then...Girls shot** (3 throws) (3 flights)
Girls discus...then...Boys discus (3 throws) (3 flights)
Boys long jump...then...Girls long jump (3 jumps) (Open pit for each)
Girls high jump...then...Boys high jump G(4', 4'2", etc) B(5', 5'2", etc)
Boys pole vault then girls pole vault B(8', 9', 10', 10'6", etc) G(6', 7', 7'6", etc)
Boys and Girls triple jump at the conclusion of Girls long jump (Open pit together) (3 jumps)
- 12:00 **Girls 4x100 M relay** (2 heats) – Lanes all the way, 2 turn stagger
Boys 4x100 M relay (2 heats) – Lanes all the way, 2 turn stagger
Girls 4x1600 M. Relay (1 heat) 1 turn stagger
Boys 4x1600 M. Relay (1 heat) 1 turn stagger
Girls 4x100 M shuttle hurdle relay (2 heats) (30")
Boys 4x110 M shuttle hurdle relay (2 heats) (30")
Girls 4x200 M relay (2 heats) – Lanes all the way, 4 turn stagger
Boys 4x200 M relay (2 heats) – Lanes all the way, 4 turn stagger
Girls 4x800 M relay (1 heat) 2 turn stagger
Boys 4x800 M relay (1 heat) 2 turn stagger
Girls one lap hurdle relay (1 heat) (30") (Must carry baton) Lanes all the way, 2 turn stagger, 4x100m exchanges
Boys one lap hurdle relay (1 heat) (30") (Must carry baton) Lanes all the way, 2 turn stagger, 4x100m exchanges
Girls 4x300 M relay (2 heats) 2 turn stagger, 2nd runner cuts
Boys 4x300 M relay (1 heat) 2 turn stagger, 2nd runner cuts
Girls two lap hurdle relay (2 heats) (30") Each runner uses 1 turn stagger, when in-coming runner crosses the 200m line, out-going runner is tapped by a judge to start.
Boys two lap hurdle relay (2 heats) (30") Each runner uses 1 turn stagger, when in-coming runner crosses the 200m line, out-going runner is tapped by a judge to start.
Girls sprint medley (2 heats) (100, 100, 200, 400) 2 turn stagger, 4th runner cuts
Boys sprint medley (2 heats) (100, 100, 200, 400) 2 turn stagger, 4th runner cuts
Girls 4x400 M relay (2 heats) 3 turn stagger, first exchange in lanes, 2nd runner cuts after 3rd curve
Boys 4x400 M relay (1 heat) 3 turn stagger, first exchange in lanes, 2nd runner cuts after 3rd curve

*Teams: Arcadia, Bellevue, Carey, New London, New Riegel, Oak Harbor, Seneca East, South Central, and Western Reserve.

*Relay cards won't be used. Have someone notify computer scorer, Tom Tucker, in the press box if you have any changes or misspellings from what is printed in the program.

*Scoring for today's meet will be: 10, 8, 6, 5, 4, 3, 2, 1.

*No camps on football field and no spikes over ¼".

*Results will be posted on the building by the concession stand and on baumspage.com.