

# Joe Rider Horn Tiger Relays      Order of Events

**4 – Field events begin** – boys' vault, boys' and girls' LJ and HJ, girls' disc, boys' shot (TJ will follow LJ)

Running event order – First race begins at 5:00 and we will run on a rolling schedule from there.

**1 – \*\*\*The 4 x 1600 'relay'** – one turn stagger; green start line; cut in at 100-meter mark: all runners will run together with the 4 times of a school being added together for the overall relay time. If the number of runners is too high the race will be run in 2 sections with 2+ athletes from each school in each section, then add the 4 times (to hundredths of a second per runner) together to come up with the relay time. You may enter more than 4, we will use the top four times of your runners.

**2 - Shuttle hurdles** – girls gold marks and lines; boys blue marks and lines; all hurdles will be 30"

**3 - 4 x 100** – two turn staggers; white start line; yellow to yellow; new 30-meter exchange zone format

**4 - 8-4-4-8** – two turn staggers; white start line; cut in at 300-meter mark

**5 - Sprint Medley (1-1-2-4)** we will use the 30-meter exchange zones (will be chalked on track for exchange #3) and 4<sup>th</sup> runner may cut in when he/she gets the baton.

**6 - 4 x 800** – two turn staggers; cut in at 300-meter mark

**7 - 4 x 200** – four turn staggers; red start line; 1<sup>st</sup> exchange red to red; 2<sup>nd</sup> red to red; third yellow to yellow; 30-meter zone

**8 - Lap medley (12, 8, 4, 16)** – one turn stagger; green start line; cut in at 100-meter mark

**9 - 4 x 400** – three turn staggers; blue start line; 2<sup>nd</sup> runner cuts at 100-meter mark of his/her leg; blue to blue exchange