

2010 Tri-Valley Relays Order of Events

All Events are Girls then Boys

12:00 Noon Pentathlon Hurdles
Frosh/Soph Sprint Medley(4-2-2-8)
1600 Walk (non scoring)
Frosh/Soph 400 Relay
6400 Relay (may be run together)
100 Dash Semi (Top 36 seeded)
1200 Intermediate Hurdle Relay
1500/1600 Run
Invitational Mile for Coaches, Alumni & Guests

100 Final
3200 Relay
800 Relay
Frosh/Soph 800 Relay
2000 Steeplechase
300/330 Shuttle Hurdle Relay
400 Relay

Distance Medley Relay (1200-400-800-1600)
Sprint Medley Relay (400-200-200-800)
Frosh/Soph 1600 Relay
1600 Relay

12:00 Noon (F/S & V Field Relays consist of Two Athletes)

Field Events B & G F/S Long Jump
B Javelin followed by G Javelin (off grass)
G Shot Put followed by B Shot Put
B F/S Discus followed by Girls F/S Discus
B Var Discus followed by G Var Discus
Varsity Long Jump then Varsity Triple Jump
B Hammer-G Hammer-B F/S Discus-G F/S Discus

1:15 Girls High Jump followed by Boys High Jump
Boys Pole Vault followed by Girls Pole Vault
Boys Fr/Soph Shot Put (2nd Circle) then G F/S SP

3 Teams allowed-(Get awards, 1 to score)-No dual participation, F/S and Varsity.

Events Contested

Varsity 100
Varsity 1500/1600
Varsity 2000 Steeplechase
Varsity Pentathlon
Varsity 400 Relay
F/S 400 Relay
Varsity 800 Relay
F/S 800 Relay
Varsity 1600 Relay
F/S 1600 Relay
Varsity 3200 Relay
Varsity 6400 Relay
Varsity Sprint Medley Relay (400-200-200-800)
F/S Sprint Medley Relay (400-200-200-800)
Varsity Distance Medley Relay (1200-400-800-1600)
Varsity 300/330 Shuttle Hurdle Relay
Varsity 1200 Intermediate Hurdle Relay

Varsity G and B Discus
F/S G and B Discus
Varsity G and B Shot Put
F/S G and B Shot Put
Varsity G and B Long Jump
F/S G and B Long Jump
Varsity G and B Triple Jump
Varsity G and B Hammer
Varsity G and B Javelin
Varsity G and B Pole Vault
Varsity G and B High Jump