



## 2012 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)  
1500 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 (2<sup>nd</sup> 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