

## 2012 EAST COAST RELAYS

### Order of Running Events:

|   |       |         |
|---|-------|---------|
| 1. GIRLS: 4 X 100m Shuttle Hurdles            | Final | 3:45 PM |
| 2. BOYS: 4 X 110m Shuttle Hurdles             | Final |         |
| 3. GIRLS: Distance Medley (1200-400-800-1600) | Final |         |
| 4. BOYS: Distance Medley (1200-400-800-1600)  | Final |         |
| 5. GIRLS: 4 X 100m                            | Final |         |
| 6. BOYS: 4 X 100m                             | Final |         |
| 7. GIRLS: Sprint Medley (200-200-400-800)     | Final |         |
| 8. BOYS: Sprint Medley (200-200-400-800)      | Final |         |
| 9. GIRLS: 4 X 1600m                           | Final |         |
| 10. BOYS: 4 X 1600m                           | Final |         |
| 11. GIRLS: 4 X 200m                           | Final |         |
| 12. BOYS: 4 X 200m                            | Final |         |
| 13. GIRLS: 3 X 400m Intermediate Hurdles      | Final |         |
| 14. BOYS: 3 X 400m Intermediate Hurdles       | Final |         |
| 15. GIRLS: 4 X 800m                           | Final |         |
| 16. BOYS: 4 X 800m                            | Final |         |
| 17. GIRLS: 4 X 400m                           | Final |         |
| 18. BOYS: 4 X 400m                            | Final |         |

### Order of Field Events (2-person teams):

|                        |                           |
|------------------------|---------------------------|
| 1. BOYS: Pole Vault    | 3:45 pm                   |
| 2. GIRLS: Pole Vault   | 3:45 pm                   |
| 3. BOYS: Long Jump     | 3:45 pm                   |
| 4. GIRLS: Long Jump    | 3:45 pm                   |
| 5. BOYS: High Jump     | 3:45 pm                   |
| 6. GIRLS: High Jump    | 3:45 pm                   |
| 7. BOYS: Shot Put      | 3:45 pm                   |
| 8. GIRLS: Shot Put     | 3:45 pm                   |
| 9. BOYS: Discus        | 3:45 pm                   |
| 10. GIRLS: Discus      | 3:45 pm                   |
| 11. BOYS: Javelin      | 3:45 pm                   |
| 12. GIRLS: Javelin     | 3:45 pm                   |
| 13. BOYS: Triple Jump  | (follows Boys Long Jump)  |
| 14. GIRLS: Triple Jump | (follows Girls Long Jump) |