

2012 Relay Meets

Bennett Center – Toms River, New Jersey

Friday, January 13, 2012	4:00 P.M. – Group IV	Boys and Girls
Saturday, January 14, 2012	9:00 A.M. – Group II	Boys and Girls
	3:30 P.M. – Group I	Boys and Girl
Sunday, January 15, 2012	9:00 A.M. – Group III	Boys and Girls
	3:30 P.M. – Non-Public	Boys and Girls

ATTENTION: NO ADMITTANCE UNTIL ONE (1) HOUR PRIOR TO START OF MEET.

ORDER OF RUNNING EVENTS

Reminder: First Events close 20 minutes prior to the listed Start Time for the Meet.

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| 1. | Girls Distance Medley Relay (1200-400-800-1600)
Boys Distance Medley Relay (1200-400-800-1600) | Finals - Time Basis |
| 2. | Girls High Hurdles Relay (39" 4x55m)
Boys High Hurdles Relay (33" 4x51.2m) | Finals - Time Basis |
| 3. | Girls 800m Relay (4x200m)
Boys 800m Relay (4x200m) | Finals - Time Basis |
| 4. | Girls 3200m Relay (4x800m)
Boys 3200 m Relay (4x800m) | Finals - Time Basis |
| 5. | Girls Sprint Medley (400m-200m-200m-800m)*
Boys Sprint Medley (400m-200m-200m-800m)* | Finals - Time Basis |
| 6. | Girls 1600m Relay (4x400m)*
Boys 1600m Relay (4x400m)* | Finals - Time Basis |

*In the 4x400m and the Sprint Medley if there are 8 or fewer teams reporting in a group, that group will run "head to head" in alleys. If 9 or more report, the race will be run in lanes in all sections.

NOTE: PHOTO-TIMER (FinishLynx) IS THE FINAL AUTHORITY ON TIME AND/OR PLACE (when available).

FIELD EVENTS

Reminder: First Events close 20 minutes prior to the listed Start Time for the Meet.

There will be two shot puts, two pole vaults and two high jumps available which means

1. The Shot will be conducted in the Intermediate School Gym adjacent to the bubble. Boys and girls will throw at the same time.
2. There will be two high jump pits, which means boys and girls will be jumping at the same time.
3. There will be two pole vault pits, which means boys and girls will be jumping at the same time.

Shot Put Relay*

High Jump Relay* [4' 0" Starting Height Girls
5' 0" Starting Height Boys]

Pole Vault Relay* [9' 0" Starting Height Boys
7' 6" Starting Height Girls]

*NOTE: TWO COMPETITORS PER EVENT.

ATTENTION: Warm-up time between field event groups will be limited to 30 minutes. This time may be extended only with permission from the Meet Director or Meet Referee.

1/8" pyramid spikes permitted in all events EXCEPT SHOT PUT

ALL ATHLETES **MUST BE IN UNIFORM** TO BE ADMITTED AS PART OF THE TEAM. Gate personnel will be instructed to admit only those competitors WHO ARE IN UNIFORM.

Coaches and manager tags are for identification purposes only. They are not admission tickets. These tags must be visible when appearing in coaches boxes and clerking areas. Coaches and managers must be listed on the entry forms.