

UNION COUNTY INTERSCHOLASTIC ATHLETIC CONFERENCE
2012 Boys & Girls Indoor Track & Field Relay Championships
Friday, January 6, 2012 – 5:00 PM
Jersey City Armory

Order of Running Events:

- 1. Varsity Shuttle Hurdle Relay – Final on time. Girls/Boys**
- 2. Varsity Distance Medley – (1200, 400, 800, 1600) Final on time. Girls/Boys**
- 3. Varsity 4 x 200 Meter Relay – Final on time. Girls/Boys**
- 4. Varsity 4 x 800 Meter Relay – Final on time. Girls/Boys**
- 5. Novice 4 x 200 Meter Relay – Final on time. Girls/Boys**
- 6. Varsity Sprint Medley Relay – (400, 200, 200, 800) Final on time. Girls/Boys
Time will determine if the race will start in lanes or alleys.**
- 7. Novice Distance Medley – (800, 200, 400, 1000) Final on time. Girls/Boys**
- 8. Varsity 4 x 400 Meter Relay – Final on time. Girls/Boys**

Order of Running Events:

- 1. Varsity Shot Put (3 person) – Seeded Flight Last- 3 throws. Boys/Girls**
- 2. Varsity High Jump (2 person) – Starting Heights- Girls 4' followed by Boys 5'**
Girls: 4'-4'3"-4'6"-4'8"-4'10"-...
Boys: 5'-5'3"-5'6"-5'8"-5'10"-...

Coaches: Inform your athletes, participants are not allowed food or drinks (except for water) on the Armory floor or the spectator areas. Please keep your team area free of debris. Your cooperation is appreciated.