

SALT CAPITAL RELAYS



MIDDLE SCHOOL ORDER OF EVENTS

FIELD EVENT ORDER: 3:00 START TIME

SHOT: 8G / 7G / 7B / 8B
DISCUS: 7B / 8B / 8G / 7G
TRIPLE JUMP: 7G / 8G / 7B / 8B
HIGH JUMP: 8B / 7G / 8G / 7B
POLE VAULT: 8G / 7G / 7B / 8B
LONG JUMP: 7B / 8B / 7G / 8G

RUNNING ORDER WILL BE AS FOLLOWS: 7G / 7B / 8G / 8B (2400 WILL START AT 4:00PM)

Running Events to Begin 15 Minutes after Field Events are Completed, **Excluding Pole Vault** or 6:00pm

Running Events (All Times Final)

400m Relay	7 th Girls / 7 th Boys / 8 th Girls / 8 th Boys
800m Run	7 th Girls / 7 th Boys / 8 th Girls / 8 th Boys
100m Hurdles (30" 1st Hole)	7 th Girls / 8 th Girls
110m Hurdles (33" 2nd Hole)	7 th Boys
110m Hurdles (33" 2nd Hole or 36" 3rd Hole?)	8 th Boys
100 m Dash	7 th Girls / 7 th Boys / 8 th Girls / 8 th Boys
800m Relay	7 th Girls / 7 th Boys / 8 th Girls / 8 th Boys
400m Dash	7 th Girls / 7 th Boys / 8 th Girls / 8 th Boys
300m Hurdles	7 th Girls / 7 th Boys / 8 th Girls / 8 th Boys
200m Dash	7 th Girls / 7 th Boys / 8 th Girls / 8 th Boys
1600m Run	7 th Girls / 7 th Boys / 8 th Girls / 8 th Boys
1600m Relay	7 th Girls / 7 th Boys / 8 th Girls / 8 th Boys