

March 6, 2010

## 2010 2<sup>nd</sup> Annual Miramar Relays Order of Events

**Coaches Meeting at 8:30 am**

### **Field Events (Top 3 per event, All Finals)**

<b>Time</b>	<b>Event</b>
9:30 am	Girls Pole Vault
9:30 am	Boys Pole Vault
9:30 am	Girls High Jump
9:30 am	Boys High Jump
9:30 am	Girls Discus
9:30 am	Boys Discus
9:30 am	Boys Shot Put
9:30 am	Girls Shot Put
11:00 am	Girls Long Jump
11:00 am	Boys Long Jump
12:00 pm	Boys Triple Jump
12:00 pm	Girls Triple Jump

### **Running Events (rolling schedule) All Finals**

<b>Time</b>	<b>Event</b>	<b>Order</b>
10:00 am	4x800 meter relay	Girls/Boys
11:00 am	4x100 meter shuttle hurdles	Girls
	4x110 meter shuttle hurdles	Boys
	100 meter dash	Girls/Boys
	Mile team race	Girls/Boys
	4x100 meter relay	Girls/Boys
	Sprint medley relay (200, 200, 400, 800)	Girls/Boys
	4x200 meter relay	Girls/Boys
	Distance medley relay (1200, 400, 800, 1600)	Girls/Boys
	4x400 meter relay	Girls/Boys

**\*\*Please listen carefully to the announcing of the awards. Thank you!**