

**White Bear Lake Relays**  
**Order of Events**  
**April 9, 2015**

**3:30 p.m. Field Events (4 athletes per school per school)**

High Jump and Pole Vault: 5-alive rotation

Long and Triple Jump: 4 jumps, cafeteria style, pits close at 6:00 p.m.

Shot Put and Discus: Cretin-D. H., East Ridge, Forest Lake, Mounds View start @ Shot Put

Roseville, Stillwater, White Bear Lake start @ Discus

\*Wheel Chair Shot Put & Discus (if any, scored)

**3:45 p.m. Running Events (Rolling Time Schedule)**

4 x 1600 m. Team Race (Section 1) 2 runners per school

4 x 1600 m. Team Race (Section 2) 2 runners per school

\*\*WheelChair 1600 m. (if any, scored)

4 x 110 m. High Hurdle Team Race - 4 Sections, 1 hurdler/school/section

4 x 800 m. Relay - 1 Heat

4 x 200 m. Relay - 1 Heat

Distance Medley Relay (400-800-1200-1600, 3 turn stagger) - 1 Heat

8 x 200 m. Relay - 1 Heat

4 x 300 m. Inter. Hurdle Team Race - 4 Sections, 1 hurdler/school/section

4 x 3200 m. Team Race - 1 Heat

\*\*Wheelchair 3200 m. (if any, scored)

Short Sprint Medley Relay (100-100-200-400, 2 turn stagger) - 1 Heat

4 x 100 m. Relay - 1 Heat

Sprint Medley Relay (200-200-400-800, 2 turn stagger) - 1 Heat

4 x 100 m. Throwers Relay (must have thrown in the meet) - 1 Heat

4 x 400 m. Relay - 1 Heat

\*\*WheelChair 1600 m. (if any, scored)

JV 4 x 400 M. Relay (Unscored, Coaches time their teams)

**\*\*Wheelchair 1600 m. & 3200 m. will be held with Team Race if only one wheeler competes. If two or more compete, a separate section will be held.**

**Scoring: 10 - 8 - 6 - 4 - 3 - 2 - 1**

**Awards: Ribbons to 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> places**

**Coaches: please pick up your awards before leaving.**