

# PORTER STEEL<sup>INC</sup>

## **BIG ORANGE RELAYS**

<b>Friday March 10 Field</b>		<b>Friday March 10 Running</b>	
<b>4:00 PM</b>	<i>Coaches Meeting</i>	<b>5:00 PM</b>	<i>4x200m Relay</i>
<b>5:00 PM</b>	<i>Women/Men Pole Vault</i> <i>Men/Women High Jump</i> <i>Women/Men Discus</i> <i>Men Shot Put</i> <i>Women/Men Triple Jump</i> <i>Men/Women Long Jump</i>	<b>5:20 PM</b>	<i>Shuttle Hurdle Relay</i>
	<b>**High Jump &amp; Pole Vault**</b>	<b>5:50 PM</b>	<i>4x1600m Relay</i>
	<b>3 attempts total—misses or not</b>	<b>6:50 PM</b>	<i>800m Sprint Medley</i> <i>(100m-100m-200m-400m)</i>
	<b>**Shot/Discus/Long/Triple**</b>	<b>7:20 PM</b>	<i>Throwers' 4x100m Relay</i> <i>(must be throwers!)</i>
	<b>3 attempts/no finals</b>	<b>7:30 PM</b>	<i>4x100m Relay</i>
		<b>7:45 PM</b>	<i>4x800m Relay</i>
		<b>8:15 PM</b>	<i>1600m Sprint Medley</i> <i>(200m-200m-400m-800m)</i>
		<b>9:15 PM</b>	<i>4x400m Relay</i>