

38th. ANNUAL WOODBURY RELAYS MIDDLE SCHOOL RELAYS

ORDER OF EVENTS

GIRLS WILL RUN FIRST IN ALL RUNNING EVENTS

EVENT 1: 3200 METER RELAY (4 X 800)

EVENT 2. 800 METER RELAY (4 X 200)

EVENT 3 MEDLEY RELAY (200, 200, 400, 1600)

EVENT 4. 400 METER RELAY (4 X 100)

EVENT 5. 1600 METER RELAY (4 X 400)

FIELD EVENTS:

EVENT 6. SHOT RELAY (BOYS FOLLOWED BY GIRLS)

EVENT 7 DISCUS RELAY (GIRLS FOLLOWED BY BOYS)

EVENT 8 LONG JUMP RELAY (BOYS FOLLOWED BY GIRLS)

FIELD EVENT RULES:

A. 2 ATHLETES PER TEAM, ONE RELAY PER SCHOOL

B. 2 THROWS OR JUMPS PER ATHLETE

**C. BEST PERFORMANCE OF EACH WILL BE ADDED
TOGETHER FOR THE TOTAL FOR THE TEAM.**