

OCIAA RELAY
(No Team Scoring)

Friday, December 5, 2008 – 6:00 pm – 10:00 pm Sharp
@ West Point Gillis Fieldhouse

All Schools

ORDER OF EVENTS

Running Events:

Girls	1500M Walk	Unlimited Entries
Boys	Distance Medley Relay (1200, 400, 800, 1600)	1 team will start opposite of track to allow for SHR at same time
Girls	Distance Medley Relay (1200, 400, 800, 1600)	2 teams
Girls	Shuttle Hurdle Relay (3 x 55m)	2 teams
Boys	Shuttle Hurdle Relay (3 x 55m)	2 teams
Boys	Sprint Medley Relay (800, 200, 200, 400)	2 teams
Girls	Sprint Medley Relay (800, 200, 200, 400)	2 teams
Boys	4 x 200 Relay	1 team only, time permitting
Girls	4 x 200 Relay	1 team only, time permitting
Boys	4 x 400 Relay	1 team only, time permitting
Girls	4 x 400 Relay	1 team only, time permitting

Field Events:

Boys	Shot Put	-	5 entries – 3 throws only	1 st	2 hours
Girls	Shot Put	-	5 entries – 3 throws only	2 nd	2 hours
Girls	Long Jump	-	3 entries – 3 jumps only	1 st	1 hour
Boys	Long Jump	-	3 entries – 3 jumps only	2 nd	1 hour
Girls	Triple Jump	-	3 entries – 3 jumps only	3 rd	1 hour
Boys	Triple Jump	-	3 entries – 3 jumps only	4 th	1 hour
Boys	High Jump	-	4 entries – opening 4-10	1 st	2 hours
Girls	High Jump	-	4 entries – opening 3-10	2 nd	2 hours
	Pole Vault	-	unlimited entries		combined boys and girls
	Weight Throw	-	unlimited entries		combined boys and girls

NOTE: MUST ADHERE TO LIMITED ENTRIES DUE TO NUMBER OF SCHOOLS COMPETING.