



9th Annual S.I.H.S.T.& F.A. RELAYS Saturday December 7, 2024 at Ocean Breeze

RUNNING EVENTS

9:15 AM	Varsity Boys Distance Medley Relay (1200-400-800-1600) <i>Max 3 per team</i>
9:45 AM	Varsity Girls Distance Medley Relay (1200-400-800-1600) <i>Max 3 per team</i>
10:15 AM	Frosh/Soph Boys Distance Medley Relay (800-200-400-1600) <i>Max 3 per team</i>
10:40 AM	Frosh/Soph Girls Distance Medley Relay (800-200-400-1600) <i>Max 3 per team</i>
11:05 AM	Varsity Boys 4x200
11:25 PM	Varsity Girls 4x200
11:45 PM	Frosh Boys 4x200
11:55 PM	Frosh Girls 4x200
12:05 PM	Soph Boys 4x400
12:20 PM	Soph Girls 4x400
12:35 PM	Varsity Boys 4x400
12:50 PM	Varsity Girls 4x400
1:05 PM	Frosh/Soph Boys SMR (400-200-200-800)
1:30 PM	Frosh/Soph Girls SMR (400-200-200-800)
1:45 PM	Varsity Boys Sprint Medley Relay (400-200-200-800)
2:00 PM	Varsity Girls Sprint Medley Relay (400-200-200-800)
2:15 PM	JV Boys 400 <i>Max 3 per team</i>
2:20 PM	JV Girls 400 <i>Max 3 per team</i>
2:25 PM	Varsity Boys 3200 – <i>Top 20 seeds only</i>
2:40 PM	Varsity Girls 3000 – <i>Top 20 seeds only</i>

STRAIGHTAWAY

9:00 AM	Varsity Boys 55 Meter High Hurdles (Final on Time)
9:10 AM	Varsity Girls 55 Meter High Hurdles (Final on Time)

FIELD EVENTS (2 Person Relays)

9:00 AM	Boys Triple Jump Relay
10:00 AM	Boys Long Jump Relay
9:00 AM	Girls Triple Jump Relay
10:00 AM	Girls Long Jump Relay
9:00 AM	Boys Shot Put Relay Boys Weight Throw to Follow
9:00 AM	Girls Shot Put Relay Girls Weight Throw to Follow
9:00 AM	Girls Individual Pole Vault (Boys to Follow)
9:30 AM	Girls High Jump Relay (Boys to Follow)