

# **SCARBOROUGH TRACK @ FIELD RELAY CARNIVAL**

## **ORDER OF EVENTS**

**NO LIMIT ON ENTRIES**

**TOP 3 PERFORMANCES MAKES THE TEAM**

### **3:30pm FIELD EVENTS**

Long Jump, High Jump(Starting @ 3-10) , Pole Vault(starting @ 5', Shot Put, Discus, Javelin Triple Jump to follow Long Jump

### **4:30pm - RUNNING EVENTS**

4 x 800m Racewalk Relay

4 x 1600m Relay

100m High Hurdle Shuttle Relay(3 runners)

Sprint Medley(200,100,100,400)

Distance Medley(800, 400, 1200,1600)

4 x 100m Frosh/Soph Relay

4 x 100m Open Relay

4 x 800m Relay

3 x 300m hurdles

4 x 200m Relay(Fresh,,Soph,Jr,Sr-one from each grade in that order)

1600m Medley Relay(200,200,400,800)

4 x 400m Relay

**SCARBOROUGH TRACK & FIELD RELAY CARNIVAL**

This year Scarborough High School is hosting a girls Track and Field Relay Carnival on Friday, May 4<sup>th</sup> starting at 3:30pm.

Enclosed is the order of events. Entries are due by **Wed. May 2** by **hytek** and can be e-mailed to: [rkelly01@maine.rr.com](mailto:rkelly01@maine.rr.com) by **Wednesday**. A hytek file will be e-mailed to all coaches.

Limit of 4 events per athlete. Three athletes from your school will form a relay team in field events. Top 3 in field event is the scoring team. Only one team from each school will be scored in all events.

Events will be seeded in running events so please put down a seed time(estimate if you must).

The 100mhigh hurdle shuttle relay will be run in lanes. Your team will be assigned 2 lanes on the track next to each other. Hurdlers 1 and 3 will start at the starting line with the #2 will start at the finish line.

Team plaques will be awarded to the winning and Runner-up teams. Batons will be awarded to the winning teams and ribbons for places 2<sup>nd</sup> thru 6<sup>th</sup>.

**Entry fee is \$125 and Check payable to Scarborough Track Boosters.**

Mail to: Scarborough High School  
Ron Kelly  
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Scarborough, Me 04074

Any questions please contact: Ron Kelly @ [rkelly01@maine.rr.com](mailto:rkelly01@maine.rr.com) or 745-4781