

**MIDDLESEX COUNTY RELAYS**  
**APRIL 30 & MAY 1, 2019**  
**ORDER OF EVENTS**

**DAY 1 (April 30, 2019)**

**4:00PM**

3x400 Hurdles (Girls, Boys)  
4X1600 (Girls, Boys)  
4X200 (Girls, Boys)  
Novice Sprint Medley (400-200-200-800) (Girls, Boys)  
Varsity Sprint Medley (400-200-200-800) (Girls, Boys)  
Shot Put (Boys)  
Discus (Girls)  
Javelin (Boys)  
Long Jump (Boys) – open pit, 3 jumps  
Triple Jump (Girls) – open pit, 3 jumps  
High Jump (Girls)  
Pole Vault (Boys)

**DAY 2 (May 1, 2019)**

**4:00PM**

4X800 (Girls, Boys)  
4X High Hurdles (Girls, Boys)  
Novice 4X800 (Girls, Boys)  
4X100 (Girls, Boys)  
Distance Medley (1200-400-800-1600) (Girls, Boys)  
4X400 (Girls, Boys)  
Shot Put (Girls)  
Discus (Boys)  
Javelin (Girls)  
Long Jump (Girls) – open pit, 3 jumps  
Triple Jump (Boys) – open pit, 3 jumps  
High Jump (Boys)  
Pole Vault (Girls)

**NOTE:** All field event relays are three person relays  
Starting height for boys' pole vault will be 8'6"  
Starting height for girls' pole vault will be 6'0"  
Starting height for boys' high jump will be 5'0"  
Starting height for girls' high jump will be 4'0"  
Running and field events will be begin at 4:00 PM