

MIDDLESEX COUNTY RELAYS
JANUARY 4, 2022

ORDER OF EVENTS

FIELD EVENTS - 4:30 PM

1. Varsity Shot Put (2 Competitors) Girls Throw First, then Boys.
2. HIGH JUMP RELAY (2 Competitors) 2 Pits -Opening Heights: Girls 4' 0"; Boys 5' 0"
3. POLE VAULT (2 Competitors) Opening Heights: Girls 6'; Boys 8'. Girls vault first, then Boys.
4. NOVICE SHOT PUT (2 Competitors) - at conclusion of HJ and/or Varsity Shot

RUNNING EVENTS - 4:30 PM. *Girls run first in all events.*

1. Distance Medley (1200-400-800-1600)
2. Shuttle Hurdles
3. 4 x 200
4. 4 x 200 – Novice
5. 4 x 800
6. 4 x 800 – Novice Girls
7. Sprint Medley (400-200-200-800)
8. 4 x 800 - Novice Boys
9. 4 x 400

Shoes: Indoor shoes with all rubber soles or 1/8" pyramid spikes are permitted in this facility. Shoes will be checked and marked upon entering the facility. Any athlete who runs in shoes not inspected will be disqualified from the meet!