



2024 Martins Ferry Relays Schedule of Events

4 p.m. – Finals in All Field Events (All events will be three throws, jumps and vaults, added together as a team to determine who wins the event)

Shot Put: Girls then Boys
Discus: Boys then Girls
High Jump: Girls then Boys
Long Jump: Boys then Girls
Pole Vault: Boys then Girls

4:30 p.m. Semi-Finals Top 8 Times to the finals. Six will score.

110/100HH (B then G)
Boys 1600m Run (Final)
100m Dash (G then B)
Girls 4x800m Relay (Final)

***5:00 p.m.**

Finals
100m/110m HH: Girls then Boys
100m Dash: Girls then Boys
Girls 1600m Run
Boys 4x800m Relay
Girls Sprint Medley Relay (100m, 100m, 200m, 400m)
Boys Sprint Medley Relay (100m, 100m, 200m, 400m)
300 IH: Girls then Boys
Girls Distance Medley Relay (1200m, 400m, 800m, 1600m)
Boys Distance Medley Relay (1200m, 400m, 800m, 1600m)
Shuttle Hurdle Relay Girls then Boys
4x400m Relay: Girls then Boys

***If needed, a short break will be given.**