

# 29th Novi Relays

- established 1983

**Saturday April 13, 2024**

## EVENTS AND TIME SCHEDULE

- 9:15 am Coaches meeting outside under the weight room (by the 100m start).
- 9:45 am Girls Pole Vault: Open at 6' 0", then 7' 0", 6" raises thereafter  
(Begin with 2 teams alive at height initially, then in order)  
Boys Pole Vault: After Girls. Open at 8' 0", then 9' 0", 6" raises thereafter
- Boys High Jump: Open at 5' 0". Three inch raises until 6' 0", then 2"  
(Begin with 2 teams alive, then in order)  
Girls High Jump: After Boys. Open at 4' 0". 3" raises until 5' 0", then 2"
- Boys Shot Put: Two teams alive. 2-1-1 format.  
Girls SP follow boys.
- Girls Discus: Two teams alive. 2-1-1 format.  
Boys DT follow girls.
- Girls Long Jump. Open Order. 2 hours to complete jumps. 4 jumps. No finals.  
Boys LJ: start at 12:00pm.

Three athletes entered per field event. Places will be determined by the summation of the best performance by each athlete. Ties (if any) will be broken by:

- a) Summation of top two performer's bests.
- b) #1 man's best
- c) #1 misses as per MHSAA tie breaking rules (HJ and PV)

NOTE: RELAY ORDER does not show up correctly for both MEDLEYS on athletic.net. Below is correct.

- 10:30 am 4 x 1600 Meter Relay (boys run first this year)  
4 x 200 Meter Relay  
Shuttle Hurdle Relay (4 x 110 @ 36" for boys), (4 x 100 @ 30" for girls)  
Sprint Medley Relay (400, 200, 200, 800) (1st 3 runners will run in lanes like 4x200)  
4 x 800 Meter Relay  
4 x 100 Meter Relay  
Distance Medley Relay (800, 400, 1200, 1600)  
4 x 400 Meter Relay  
4 x 100 Throwers Relay. (awards, but no points). Girls carry a discus, Boys carry a shot. Athletes must be in either the shot or discus in order to participate in this event. Bring a thrower/non-runner if you use the same 3 for the shot and discus events. (please try to remember the spirit of this event...)