

NIKE PANTHER RELAYS MEET SCHEDULE - 2017 - FRIDAY

version 3

FIELD EVENTS	start at	4:45pm	ACTUAL # of athletes per event	Comments on heights and distances	Comments on Number of Athletes
JV 1	Girls High Jump	4:45pm	31	Starting Height XX	3 athletes per school
JV 2	Girls Long Jump	4:45pm	36	3 jumps, all 1st jumps measured, 2nd and 3rd jumps only measured if greater than xx	3 athletes per school
JV 3	Boys Long Jump	4:45pm	41	3 jumps, all 1st jumps measured, 2nd and 3rd jumps only measured if greater than xx	3 athletes per school
JV 4	Girls Shot Put	4:45pm	42	3 throws, all 1st throws measured, 2nd and 3rd throws only measured if greater than XX	3 athletes per school
JV 5	Boys Discus	4:45pm	53	3 throws, all 1st throws measured, 2nd and 3rd throws only measured if greater than XX	3 athletes per school
JV 6	Boys High Jump	5:45pm	36	Starting Height 'X' 'X''	3 athletes per school
JV 7	Boys Shot Put	6:00pm	50	3 throws, all 1st throws measured, 2nd and 3rd throws only measured if greater than XX	3 athletes per school; Will Have Lights in Shot Put Area
JV 8	Girls Discus	6:00pm	42	3 throws, all 1st throws measured, 2nd and 3rd throws only measured if greater than XX	3 athletes per school

VARSIYTY 1	Girls Pole Vault - Showcase	4:45pm	10	Starting Height 6'6"	4 athletes per schools
VARSIYTY 2	Girls Long Jump	6:15pm	36	3 jumps, all 1st jumps measured, 2nd and 3rd jumps only measured if greater than 15'	2 athletes per school only
VARSIYTY 3	Boys Long Jump	6:15pm	41	3 jumps, all 1st jumps measured, 2nd and 3rd jumps only measured if greater than 19'	2 athletes per school only
VARSIYTY 4	Boys High Jump	6:45pm	36	Starting Height 5'8"	2 athletes per school only

RUNNING EVENTS	Start at	4:45pm	ACTUAL # of Runners/ Relay Teams per event	ACTUAL # of heats	Runners or Relay teams per heat	Average Time per heat	Time for Event (minutes)	Comments
JV	Girls 800m	4:45pm	80	4	About 20 runners per heat	3.5	14	3 runners from each school, up to 5 runners if under 3:10
JV	Boys 800m	5:00pm	90	5	about 18 runners per heat	3	15	3 runners from each school, up to 5 runners if under 2:30
JV	Girls 100m	5:15pm	72	9	8 runners per heat; estimated 24 teams w/ JV	2.0	18	3 runners from each school, sections vs. time
JV	Boys 100m	5:33pm	72	9	8 runners per heat; estimated 24 teams w/ JV	2.0	18	3 runners from each school, sections vs. time
VARSIYTY 5	Girls 100m Showcase Prelims	5:51pm	48	6	8	2.0	12	Top 48 fastest times run to make the final later in the day Winner of each heat and the next 2 fastest times advance to final
VARSIYTY 6	Boys 100m Showcase Prelims	6:03pm	48	6	8	2.0	12	Top 48 fastest times run to make the final later in the day Winner of each heat and the next 2 fastest times advance to final
JV	Girls 4x100m Relay	6:15pm	24	3	8 runners per heat; estimated 24 teams w/ JV	4	12	
JV	Boys 4x100m Relay	6:27pm	24	3	8 runners per heat; estimated 24 teams w/ JV	4	12	
JV	Girls 1600m	6:39pm	64	2	32 runners per heat, 1 turn Stagger	8	16	1 turn stagger, fastest heat is last, up to 5 runners if under 6:30
JV	Boys 1600m	6:55pm	64	2	32 runners per heat, 1 turn Stagger	8	16	1 turn stagger, fastest heat is last, up to 5 runners if under 5:45
VARSIYTY 9	Girls Sprint Medley Relay	7:10pm	24	3	8	5	15	100,100,200,400 - 1 relay team per school
VARSIYTY 10	Boys Sprint Medley Relay	7:30pm	26	4	8	5	20	100,100,200,400 - 1 relay team per school
	Men & Women Coaches 4x400m Relay	7:50pm	4-10	1	Each team must have 4 different coaches and at least 1 female coach		10	
JV	Girls 4x400m Relay	8:00pm	24	3	8	6.5	20	3 turn stagger - 1 relay team per school
JV	Boys 4x400m Relay	8:20pm	24	3	8	6.5	20	3 turn stagger - 1 relay team per school
VARSIYTY 11	Girls 3200m	8:40pm	30	2	Heat 1- 14; Heat 2- 16	16	32	1 turn stagger, fastest heat is last, up to 5 runners if under 13:30
VARSIYTY 12	Boys 3200m	9:10pm	52	2	Heat 1- 30; Heat 2- 20	15	30	1 turn stagger, fastest heat is last, up to 5 runners if sub 11:00;

Meet Finishes by

9:40pm

JV Awards: Top 3 medal and Individual awards to be given continuously at the end of each event

VARSIYTY	3 boys & 3 girls running events
JV	5 boys and 5 girls running events

Hours	Minutes
3 hours	181
2hrs 40 mins	160

NIKE PANTHER RELAYS MEET SCHEDULE - 2017 - SATURDAY

Version 3

	RUNNING EVENTS	start at	11:00am	ACTUAL # of athletes per event	Comments on heights and distances	Comments on Number of Athletes	
VARSIY	5	Girls	High Jump- Showcase	11:00am	31	Starting Height 4'6"	2 athletes per school + 3rd athlete if all marks are over 5'0"
VARSIY	6	Boys	Pole Vault	11:00am	12	Starting Height 9'0"	4 athletes per schools
VARSIY	7	Girls	Shot Put - Showcase	11:00am	42	3 throws, all 1st throws measured, 2nd and 3rd throws only measured if greater than 15' additional throws	Top 8 get 3 2 athletes per school + 3rd athlete if all marks are over 30 feet
VARSIY	8	Boys	Discus- Showcase	11:00am	53	3 throws, all 1st throws measured, 2nd and 3rd throws only measured if greater than 100' additional throws	Top 8 get 3 2 athletes per school + 3rd athlete if all marks are over 110 feet
VARSIY	9	Girls	Triple Jump	11:00am	27	3 jumps, all 1st jumps measured, 2nd and 3rd jumps only measured if greater than 30'	2 athletes per school only
VARSIY	10	Boys	Triple Jump	11:00am	32	3 jumps, all 1st jumps measured, 2nd and 3rd jumps only measured if greater than 40'	2 athletes per school only
VARSIY	11	Boys	Shot Put - Showcase	12:30pm	50	3 throws, all 1st throws measured, 2nd and 3rd throws only measured if greater than 40' additional throws	Top 8 get 3 2 athletes per school + 3rd athlete if all marks are over 42 feet
VARSIY	12	Girls	Discus- Showcase	12:30pm	42	3 throws, all 1st throws measured, 2nd and 3rd throws only measured if greater than 80' additional throws	Top 8 get 3 2 athletes per school + 3rd athlete if all marks are over 90 feet

	RUNNING EVENTS	start at	11:00am	ACTUAL # of Runners/ Relay Teams per event	ACTUAL # of heats	Runners or Relay teams per heat	Average Time per heat	Time for Event (minutes)	Comments	
VARSIY	13	Girls	Distance Medley	11:00am	16	1	1 heat	18	18	1 turn stagger, 1200, 400, 800, 1600, 1 relay per school, fast heat is last
VARSIY	14	Boys	Distance Medley	11:20am	21	2	1st heat 11: no entry times 2nd heat 10: have entry times	16	32	1 turn stagger, 1200, 400, 800, 1600, 1 relay per school, fast heat is last
VARSIY	15	Girls	100m Hurdles	11:50am	34	5	8	2.5	18	33" 2 entries per school, yellow mark
VARSIY	16	Boys	110m Hurdles	12:10pm	36	5	8	2.5	18	39" 2 entries per school, blue mark
VARSIY	17	Girls	4x100m Relay	12:30pm	34	5	8	4	20	Yellow Exchange zones, 2 relay teams per school, fastest heat is last
VARSIY	18	Boys	4x100m Relay	12:50pm	39	5	8	4	20	Yellow Exchange zones, 2 relay teams per school, fastest heat is last
VARSIY	19	Girls	4x100m Relay Throwers	1:10pm	?	1	8	4	4	Yellow Exchange zones (non scoring event)
VARSIY	20	Boys	4x100m Relay Throwers	1:20pm	?	2	8	4	8	Yellow Exchange zones (non scoring event)
VARSIY	21	Girls	4x 800m Relay	1:30pm	20	2	1st-14, 2nd-8	15	30	1 turn stagger- 1 realy team per school, fastest heat is LAST
VARSIY	22	Boys	4x 800m Relay	2:00pm	24	2	1st-12, 2nd-12	15	30	1 turn stagger- 1 realy team per school, fastest heat is LAST
VARSIY	23	Girls	300m Hurdles	2:30pm	39	5	8	2	15	30" 2 entries per school, red mark
VARSIY	24	Boys	300m Hurdles	2:45pm	41	6	8	2	17	36" 2 entries per school, red mark
VARSIY	25	Girls	4x200m Relay	2:55pm	23	3	8	4	12	red & yellow exchange zones - 1 relay team per school
VARSIY	26	Boys	4x200m Relay	3:10pm	24	3	8	4	12	red & yellow exchange zones - 1 relay team per school
VARSIY	27	Girls	100m Showcase Finals	3:25pm	8	1	8	8	8	1 heat final - from prelims earlier
VARSIY	28	Boys	100m Showcase Finals	3:35pm	8	1	8	8	8	1 heat final - from prelims earlier
VARSIY	29	Girls	1600m Showcase	4:00pm	41	3	16	8	24	1 turn stagger, top 48 fastest times, fastest heat is last, up to 4 per school
VARSIY	30	Boys	1600m Showcase	4:25pm	48	3	16	8	24	1 turn stagger, top 48 fastest times, fastest heat is last, up to 4 per school
VARSIY	31	Girls	4x400m Relay	4:55pm	24	3	8	6.5	20	3 turn stagger - 1 relay team per school
VARSIY	32	Boys	4x400m Relay	5:10pm	24	3	8	6.5	20	3 turn stagger - 1 relay team per school
			Meet finishes at	5:30pm						
			Team Awards	5:45pm		top 4 team get trophies				Varsity Awards: Top 8 medal and Individual awards to be given continuously at the end of each event