

NIKE PANTHER RELAYS MEET SCHEDULE - 2018 - FRIDAY

version 1

| | 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 |

| | | | | | | |
|----------|-------------------------------|--|--------|----|--|----------------------------|
| VARSIITY | 1 Girls Pole Vault - Showcase | | 4:45pm | 10 | Starting Height 6'6" | 4 athletes per schools |
| VARSIITY | 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 |
| VARSIITY | 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 |
| VARSIITY | 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 |
| VARSIITY | 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 |
| VARSIITY | 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 |
| VARSIITY | 9 Girls Sprint Medley Relay | | 7:10pm | 24 | 3 | 8 | 5 | 15 | 100,100,200,400 - 1 relay team per school |
| VARSIITY | 10 Boys Sprint Medley Relay | | 7:30pm | 26 | 4 | 8 | 5 | 20 | 100,100,200,400 - 1 relay team per school |
| JV | Girls 4x400m Relay | | 7:50pm | 24 | 3 | 8 | 6.5 | 20 | 3 turn stagger - 1 relay team per school |
| JV | Boys 4x400m Relay | | 8:10pm | 24 | 3 | 8 | 6.5 | 20 | 3 turn stagger - 1 relay team per school |
| VARSIITY | 21 Girls 4x 800m Relay-FAST heat | | 8:30pm | 8-10 | 1 | 8-10 of the fastest schools | 15 | 15 | 1 turn stagger- 1 realy team per school, Fast heat is Friday Night |
| VARSIITY | 22 Boys 4x 800m Relay-FAST heat | | 8:45pm | 12 | 1 | 10-12 of the fastest schools | 15 | 15 | 1 turn stagger- 1 realy team per school, Fast heat is Friday Night |
| VARSIITY | 11 Girls 3200m | | 9:00pm | 30 | 1 or 2 | Heat 1- 14; Heat 2- 16 | 16 | 15 | 1 turn stagger, fastest heat is last, up to 5 runners if under 13:30 |
| VARSIITY | 12 Boys 3200m | | 9:15/9:30pm | 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

9:45-10pm

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

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|----------|-----------------------------------|
| VARSIITY | 3 boys & 3 girls running events |
| JV | 5 boys and 5 girls running events |

Hours Minutes

2hrs 45 mins 134

2hrs 40 mins 160

NIKE PANTHER RELAYS MEET SCHEDULE - 2018 - SATURDAY

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| | RUNNING EVENTS start at | 11:00am | ACTUAL # of athletes per event | Comments on heights and distances | | Comments on Number of Athletes |
|---------|--------------------------------|---------------------------|--------------------------------|--|--|--|
| VARSITY | 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" |
| VARSITY | 6 | Boys Pole Vault | 11:00am | 12 | Starting Height 9'0" | 4 athletes per schools |
| VARSITY | 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 | 2 athletes per school + 3rd athlete if all marks are over 30 feet |
| VARSITY | 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 | 2 athletes per school + 3rd athlete if all marks are over 110 feet |
| VARSITY | 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 |
| VARSITY | 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 |
| VARSITY | 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 | 2 athletes per school + 3rd athlete if all marks are over 42 feet |
| VARSITY | 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 | 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 | |
|---------|--------------------------------|-----------------------------|--|-------------------------|---------------------------------|---|--------------------------|-----------------|---|
| VARSITY | 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 |
| VARSITY | 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 |
| VARSITY | 15 | Girls 100m Hurdles | 11:50am | 34 | 5 | 8 | 2.5 | 18 | 33" 2 entries per school, yellow mark |
| VARSITY | 16 | Boys 110m Hurdles | 12:10pm | 36 | 5 | 8 | 2.5 | 18 | 39" 2 entries per school, blue mark |
| VARSITY | 17 | Girls 4x100m Relay | 12:30pm | 34 | 5 | 8 | 4 | 20 | Yellow Exchange zones, 2 relay teams per school, fastest heat is last |
| VARSITY | 18 | Boys 4x100m Relay | 12:50pm | 39 | 5 | 8 | 4 | 20 | Yellow Exchange zones, 2 relay teams per school, fastest heat is last |
| VARSITY | 19 | Girls 4x100m Relay Throwers | 1:10pm | ? | 1 | 8 | 4 | 4 | Yellow Exchange zones (non scoring event) |
| VARSITY | 20 | Boys 4x100m Relay Throwers | 1:20pm | ? | 2 | 8 | 4 | 8 | Yellow Exchange zones (non scoring event) |
| VARSITY | 21 | Girls 4x 800m Relay | 1:30pm | 20 | 1 | 1 heat- not in the fastest, Fast heat was Friday night | 15 | 15 | 1 turn stagger- 1 realy team per school, all other schools run Saturday |
| VARSITY | 22 | Boys 4x 800m Relay | 1:45pm | 24 | 1 | 1 heat- not in the fastest, Fast heat was Friday night | 15 | 15 | 1 turn stagger- 1 realy team per school, all other schools run Saturday |
| | Men & Women | Coaches 4x400m Relay | 2:05pm | 4-10 | 1 | Each team must have 4 different coaches and at least 1 female coach | 10 | 10 | |
| VARSITY | 23 | Girls 300m Hurdles | 2:30pm | 39 | 5 | 8 | 2 | 15 | 30" 2 entries per school, red mark |
| VARSITY | 24 | Boys 300m Hurdles | 2:45pm | 41 | 6 | 8 | 2 | 17 | 36" 2 entries per school, red mark |
| VARSITY | 25 | Girls 4x200m Relay | 2:55pm | 23 | 3 | 8 | 4 | 12 | red & yellow exchange zones - 1 relay team per school |
| VARSITY | 26 | Boys 4x200m Relay | 3:10pm | 24 | 3 | 8 | 4 | 12 | red & yellow exchange zones - 1 relay team per school |
| VARSITY | 27 | Girls 100m Showcase Finals | 3:25pm | 8 | 1 | 8 | 8 | 8 | 1 heat final - from prelims earlier |
| VARSITY | 28 | Boys 100m Showcase Finals | 3:35pm | 8 | 1 | 8 | 8 | 8 | 1 heat final - from prelims earlier |
| VARSITY | 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 |
| VARSITY | 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 |
| VARSITY | 31 | Girls 4x400m Relay | 4:55pm | 24 | 3 | 8 | 6.5 | 20 | 3 turn stagger - 1 relay team per school |
| VARSITY | 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 |