

PORTER STEEL INC

BIG ORANGE RELAYS

Friday March 11 Field		Friday March 11 Running	
4:00 PM	Coaches Meeting	5:00 PM	4x200m Relay
5:00 PM	Women/Men Pole Vault Men/Women High Jump Women/Men Discus Men Shot Put Women/Men Triple Jump Men/Women Long Jump	5:20 PM	Shuttle Hurdle Relay
	High Jump & Pole Vault	5:50 PM	4x1600m Relay
	3 attempts total—misses or not	6:50 PM	800m Sprint Medley (100m-100m-200m-400m)
	Shot/Discus/Long/Triple 3 attempts/no finals	7:20 PM	4x100m Relay
		7:35 PM	4x800m Relay
		8:05 PM	1600m Sprint Medley (200m-200m-400m-800m)
		9:05 PM	4x400m Relay
		9:40 PM	Walking off the track