



11TH ANNUAL BIG RANGE RELAYS

Friday 3/19	Saturday 3/20
4:00 PM Coaches Meeting	8:00 AM Coaches Meeting
5:00 PM Women's Pole Vault Women's Discus Women's Triple Jump Men's High Jump Men's Shot Put Men's Long Jump	9:00 AM Women's High Jump Women's Shot Put Women's Long Jump Men's Pole Vault Men's Discus Men's Triple Jump
5:15 PM B Team/2nd Team 4x1600m Relay <i>(combined gender during field events)</i>	11:00 AM Distance Medley (Penn Relays order) (1200m-400m-800m-1600m)
6:00 PM Shuttle Hurdle Relay (100m/110m)	1600m Sprint Medley Relay (200m-200m-400m-800m)
7:00 PM Premiere Women's 4x1600m Relay <i>(cutoff time for seeding TBA w/entries)</i>	4x100m Relay
7:30 PM Premiere Men's 4x1600m Relay <i>(cutoff time for seeding TBA w/entries)</i>	Throwers 4x100m Relay (THROWERS ONLY)
8:00 PM 800m Sprint Medley (100m-100m-200m-400m)	4x200m Relay 4x800m Relay 4x400m Relay Team Awards

RELAY EXCHANGES

**REMEMBER 2020 RULE CHANGE--
RACES 200M OR LESS ARE NOW A 30M EXCHANGE ZONE**

5-3-3 & 4, 5-10-6 THRU 11: CLARIFIES THAT IN THE 4x100-METER RELAY AND 4x200-METER RELAY, AND OTHER RELAYS WITH LEGS OF 200 METERS OR LESS, EACH EXCHANGE ZONE WILL BE 30 METERS LONG. ALL EXCHANGE ZONES FOR RACES IN EXCESS OF 200 METERS WILL REMAIN AT 20 METERS.

4x100m	<p><u>Lane race all the way</u></p> <ul style="list-style-type: none"> • Runner must be inside of international mark • 2020 new zone (30m) 	
4x1600m	<p><u>Waterfall start</u></p> <ul style="list-style-type: none"> • Each runner will break inside naturally like a distance race—exchanges will occur with the same mark as the 4x4. 4 laps per runner. 	
1600m SMR	<p><u>200m-200m-400m-800m</u></p> <ul style="list-style-type: none"> • Lane race for the 200-200 (black to black) • 400m stays in lane entire 400m • 800m breaks immediately at finish line 	
100m Shuttle H	<p><u>Two lanes per team</u></p> <ul style="list-style-type: none"> • First runner starts out of blocks • When runner passes line, the next runner goes. 	
4x800m	<p><u>Waterfall start</u></p> <p>Each runner will break inside naturally like a distance race—exchanges will occur with the same mark as the 4x4. 2 laps per runner.</p>	
800m SMR	<p><u>100m-100m-200m-400m</u></p> <ul style="list-style-type: none"> • First two exchanges, yellow to yellow • 3rd exchange blue to blue—(4x4 3rd leg) • 400m can break when clear (cones marking) 	
4x200m	<p><u>Lane race all the way</u></p> <ul style="list-style-type: none"> • First two exchanges are black to black • Final exchange is yellow-yellow 	
DMR	<p><u>1200m-400m-800m-1600m</u></p> <ul style="list-style-type: none"> • Waterfall start • Runners will run segment of race • Exchange will be same as 4x4 	
4x400m	<p><u>Staggered start</u></p> <ul style="list-style-type: none"> • 1st leg, lane all the way (3 turn stagger) • 2nd leg, break inside at the 300m start (curve) • 3rd/4th legs, stay inside 	

**10th Annual FleetFeet-Decatur Big Orange Relays by New Balance - 3/16/2019
Parkview HS**

Meet Records - Records

1	Girls 4x100 Meter Shuttle Hurdle	1:04.11	3/17/2018	Shiloh High School - Shiloh High A Mawien, E O'Neal, R Williams, A Wright
2	Boys 4x110 Meter Shuttle Hurdle	1:01.10	3/15/2014	Grayson High School - Grayson High J Baker, J Collie, R Nimely, C Smith
3	Girls 4x100 Meter Relay	49.28	3/16/2019	Grayson High School - Grayson High K McDaniel, A Hickman, Y George, P Ajala
4	Boys 4x100 Meter Relay	42.79	3/16/2019	St. Pius X - St. Pius X J Jones, M Benefield, G McElroy, R Williams
5	Girls 4x1600 Meter Relay	21:36.44	3/16/2019	Marietta High School - Marietta Hig H Rydinsky, A Henderson, J Mwaniki, E Hall
6	Boys 4x1600 Meter Relay	18:11.31	2/27/2010	Brookwood - Brookwood T Anyan, C Hewitt, T George, S Brennan
7	Girls 1600 Sprint Medley	4:01.42	3/17/2018	Alexander - Alexander V Green, J Taylor, B Ayuk, K Crawford
8	Boys 1600 Sprint Medley	3:30.68	3/15/2014	Parkview High School - Parkview Hig B Lewis, N Edwards, K Patterson, W Henderson
9	Girls 4x800 Meter Relay	9:50.64	3/16/2019	Marietta High School - Marietta Hig K Morris, E Hall, D Alston, A Henderson
10	Boys 4x800 Meter Relay	8:06.81	3/17/2018	Allatoona HS - Allatoona HS A Windham, P Ratliff, A Hernandez, B Klepper
11	Girls 800 Sprint Medley	1:47.60	3/16/2019	Peachtree Ridge High School - Peachtree Ri K McBride., n McGriff, C GARY, L Soyomokun
12	Boys 800 Sprint Medley	1:30.79	3/17/2018	Parkview High School - Parkview Hig
15	Girls 4x200 Meter Relay	1:42.83	3/16/2019	Peachtree Ridge High School - Peachtree Ri N Hicks, L Edwards, T Fuller, M Brooks
16	Boys 4x200 Meter Relay	1:27.10	2/25/2017	Arabia Mountain HS - Arabia Mount J Barrow, P Foust, B Johnson, T Jones
17	Girls Distance Medley	12:25.85	3/16/2019	South Forsyth High School - South Forsyt S Baker, M Cadeau, R Hammond, A de Castro
18	Boys Distance Medley	10:45.37	3/17/2018	Alexander - Alexander K Ambrose, A Muse, K Williams, M Williams
19	Girls 4x400 Meter Relay	3:54.70	3/17/2018	Alexander - Alexander V Green, J Taylor, B Ayuk, K Crawford
20	Boys 4x400 Meter Relay	3:20.25	3/17/2018	Allatoona HS - Allatoona HS J Loughry, T Adeyeye, B Klepper, J Smith
33	Girls 4x100 Meter Relay Throwers	56.06	3/15/2014	Parkview High School - Parkview Hig
34	Boys 4x100 Meter Relay Throwers	49.05	3/16/2019	Johns Creek HS - Johns Creek