

**Meet Schedule for Big Orange Relays
Friday, March 10, 2023**

Schedule

4:00 PM Coaches Meeting

5:00 PM Women / Men Discus (3 attempts)

Men / Women Shot Put (3 attempts)

Women / Men Triple Jump (3 attempts)

Men / Women Long Jump (3 attempts)

Women / Men Pole Vault***

Men / Women High Jump***

*****HJ & PV athletes will get 3 attempts TOTAL--misses or not*****

5:00 PM

100m/110m Shuttle Hurdle Relay

4x200m Relay

4x1600m Relay

800m Sprint Medley (100m-100m-200m-400m)

Throwers 4x100m Relay (THROWERS ONLY!!!)

4x100m Relay

4x800m Relay

1600m Sprint Medley (200m-200m-400m-800m)

4x400m Relay

Team awards/trophies!