

The Steve Pawlowski Relays at Ridgewood's BF Track

ORDER OF EVENTS

Track Events: (Girls followed by Boys)

9am 4X1600 meter relay. Varsity & Novice boys and girls teams will run together in this race
4X100 meter Hurdles (or 110 for boys) Frosh(2person), Novice, Varsity
4X100 meter relay – Frosh, Novice, Varsity
4X800 meter relay - Frosh, Novice, Varsity
4X200 meter relay - Frosh, Novice, Varsity

Moment of Silence for Steve Pawlowski prior to Boys Varsity Sprint Medley

Sprint Medley Relay (400-200-200-800). California Start -
Distance medley (1200, 400, 800, 1600) - Frosh, Novice, Varsity
3X400 Int. Hurdles - Frosh(2person), Novice, Varsity
4X400 meter relay (California Start) - Frosh, Novice, Varsity

Field Events: (All cards must be given to the official at the beginning of the event even if the athlete is in another event and will not be competing at the beginning of the event.)

9am Triple Jump: F/N Girls then F/N Boys. Show up and jump. Official will announce when jumps must be completed.
Long Jump: F/N Boys then F/N Girls. Show up and jump. Official will announce when jumps must be completed.
Boys Pole Vault & Girls Pole Vault (2 Pits – events are concurrent).

Boys & Girls Javelin - Show up and throw. At Travell School.

All Levels of Javelin (boys and Girls) will throw together.

Boys Discus – Sub Varsity throw first – Varsity to Follow

Girls High Jump - Boys High Jump. (2 pits - events are concurrent)

9:30am Girls & Boys Shot – 2 circles Sub Varsity Throw First – Varsity to follow

10:30 (or after 9am event if event takes longer than 90 minutes)

Listen for PA Announcements

Girls Discus after the boys. All Levels throw together.

Triple Jump – Varsity Girls then Varsity Boys. Show up and Jump

Long Jump – Varsity Boys then Varsity Girls. Show up and Jump

Field Results that make Penn Relays Standards will be reported to Mile Split but coach must request this in writing to the meet director.

Varsity Results will be posted to www.jacobbrown.com during the meet. The entire meet will be sent to milesplit in the evening after the meet.

Awards: Medals to top 5 teams in each event. Trophies to winning teams in both division.