

The Steve Pawlowski Relays at Ridgewood's BF Track

ORDER OF EVENTS - 2025

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
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 levels throw/jump together) - (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 Girls Triple Jump: Show up and jump . Official will announce when jumps must be completed.
Boys Long Jump: Show up and jump. Official will announce when jumps must be completed.
Pole Vault – Boys & Girls Pole Vault concurrent because of the rain.

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

All Levels of Javelin (boys and Girls) will throw together. (short Throws will not be measured)

Javelin-1 varsity team and 1 novice team ONLY = total 5 throwers – 1 warmup throw – 2 throws for novice

Boys Discus - All Levels throw together. (short Throws will not be measured)

Discus -1 varsity team and 1 novice team ONLY = total 5 throwers – 1 warmup – 2 throws for novice

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

- 9:30am Girls & Boys Shot – 2 circles All Levels throw at the same time.

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. (short Throws will not be measured)

Discus -1 varsity team and 1 novice team ONLY = total 5 throwers – 1 warmup throw – 2 throws for novice

Boys Triple Jump - Show up and Jump (will follow Girls Triple Jump)

Girls Long Jump - Show up and Jump (will follow Boys Long Jump)

Girls Pole Vault will follow Boys but warm up ahead of time in 2nd pit.

Awards: Team Trophy each division
Medals 5 places

Results: www.jacobbrown.com
Will also be sent to MileSplit

