

## CW Porter Relays Event Descriptions

All **Field Events** (Shot Put, Discus, Long Jump, Triple Jump, High Jump, Pole Vault) are for teams of three competitors. The best effort of each athlete will be totaled to form a team score. Schools may not enter more than 3 athletes per field event. Less than 3 athletes may be entered, but these athletes must compete against the teams of 3 from other schools.

### RUNNING EVENTS

1. 3200 M. (4 X 800) Relay
2. Shuttle Hurdle Relay—4 X 110 (100 for women) **low** hurdles(hurdle height for men & women is 30 inches)--Each team is assigned 2 lanes (1-2, 3-4 or 5-6). 1<sup>st</sup> and 3<sup>rd</sup> hurdlers run west in lane 1, 3 or 5. 2<sup>nd</sup> and 4<sup>th</sup> hurdlers run east in lane 2, 4 or 6. A tape line will be placed 3 feet from the end of each hurdlers lane. When the incoming hurdler breaks this line with any part of the body, the outgoing hurdler may start.
3. 400 M. (4 X 100) Relay
4. Distance Medley Relay--(800, 400, 1200, 1600) The first runner runs 2 laps and hands off using a preference exchange. 2<sup>nd</sup> runner = 1 lap. 3<sup>rd</sup> runner = 3 laps. 4<sup>th</sup> runner = 4 laps.
5. Sprint Medley Relay--(100, 100, 200, 400) The first three runners are in lanes. The anchor runner may break after taking the hand-off and clearing the zone.
6. 800 M. (4 X 200) Relay
7. 1600 M. Team Race—This event is scored as a 1600 M. cross country race. It will start on the grass at mid field and finish on the track at mid-straight away. Each finisher receives a finish card. Each four person team totals their 4 finish numbers for a team score with lowest score as winner.
8. 1600 M. (4 X 400) Relay