



2024 Pirate Relays



Thursday, March 7th 2022 - Friday, March 8th

Proposed Schedule of Events as of 10/11/23

Scratch Meeting:

Coaches Meal: The coach's meal will be provided on Friday afternoon in the Indoor Facility time TBD. There will be a hospitality room provided by United Supermarkets for both days.

Running Prelims/Finals: Thursday will consist of Varsity Prelims and JV Field Events. Friday will consist of Varsity Field Events and JV and Varsity Running Finals.

THURSDAY

Field Events:	4:00 PM	5:30 PM
Shot Put	JVB	JVG
Discus	JVG	JVB
Triple Jump	JVG	JVB
Long Jump	JVB	JVG
Pole Vault	JVG	JVB
High Jump	JVB	JVG

FRIDAY

Field Events:	12:00 PM	1:30 PM
Shot Put	VB WC	VG
Discus	VG	VB
Triple Jump	VG	VB
Long Jump	VB	VG
Pole Vault	VG	VB
High Jump	VB	VG

Starting Height

High Jump VG-4'4 VB-5'4

- 2 inch increments until there are 2 competitors left, then they may go up by 1 inch

Pole Vault VG-6'0 VB- 9'0

6 inch increments until there are 2 Varsity competitors left, then they may go to 3 inch

Locations of Events

Discus - In between the Tennis Courts and North Practice Field

Shot Put- Northwest side of the stadium.

Pole Vault- North side of track.

High Jump- North D-Zone

Long Jump & Triple Jump- South end of the Stadium behind the Scoreboard.

Running Schedule

Thursday (Varsity Prelims)

* Running Order will be VG followed by VB

4:00pm - 3200m Run (VG/VB)

5:00pm - 4 x100 M Relay

5:20 - 100 M Hurdles

5:35 - 110 M Hurdles

5:50 - 100 M Dash

6:10 - 4 x 200 M Relay

6:20 - 400 M Dash

6:45 - 300 M Hurdles

7:10 - 200 M Dash

Friday (Running Finals Var/JV)

*Running Order will be JVG,VG,JVB,VB

*Rolling Schedule

1:00pm - 3200m Run (JVG/JVB)

3:30pm - Big Man Relay

4 x100 M Relay

800 M Run

100 M Hurdles - JVG,VG

110 M Hurdles - JVB,VB

100 M Dash

100 M Wheel-chair race

4 x 200 M Relay

400 M Dash

400 M Wheel-chair race

300 M Hurdles

200 M Dash

1600 M Run

4 x 400 M Relay

Running Schedule

