

**PINE CREST TRACK & FIELD
15TH ANNUAL PANTHER RELAYS
SATURDAY, FEBRUARY 29TH, 2020**

**ENTRIES DUE: TUESDAY, FEB. 25TH, BY 9:00 PM VIA [DIRECT ATHLETICS](#)
ENTRY FEE: \$200 PER SCHOOL**

8:00 AM—IMPLEMENT INSPECTION

8:00 AM—COACHES MEETING

8:30 AM—START OF BOYS POLE VAULT & GIRLS JAVELIN

9:00 AM—START OF FIELD EVENTS & RUNNING EVENTS

FIELD EVENTS (3 ATHLETES COMPETE, 2 SCORE)

GIRLS JAVELIN (BOYS FOLLOW)

GIRLS SHOT (BOYS FOLLOW)

BOYS DISCUS (GIRLS FOLLOW)

BOYS & GIRLS LONG JUMP (TRIPLE JUMPS FOLLOW)

KARL HOP HIGH JUMP (GIRLS, THEN BOYS)

COACHES JAVELIN

RUNNING EVENT FINALS (NO PRELIMS) (GIRLS, THEN BOYS)

4x1600m RELAY (run relay style with a baton)

JIM FOSTER 100m (2 athletes)

300m HURDLE RELAY (3 athletes)

4x200m RELAY

4x800m RELAY

800m SPRINT MEDLEY RELAY (100-100-200-400)

DIRECT ATHLETICS MILE RUN (2 athletes)

BREAK

CO-ED SHUTTLE HURDLES (2 GIRLS, 2 BOYS)

4x100m CO-ED THROWERS RELAY (non-scoring)

4x100m RELAY

DISTANCE MEDLEY RELAY (800-400-1200-1600)

4x400m RELAY

COACHES 800m SPRINT MEDLEY RELAY (100-100-200-400)