

TIFFIN RELAYS

SUNDAY, APRIL 19, 2009

FROST-KALNOW STADIUM, TIFFIN, OHIO

****Registration: 11:30 am – 12:15 pm (MUST have Team Entry Form)**

COST: Per Participant: \$2.00
Admission for Spectators: \$1.00 Students
\$2.00 Adults
\$5.00 Family

SCHEDULE: 11:30 am Gates Open
11:30-12:15 pm Registration
12:15 pm Coaches Meeting
12:40 pm 1st call for Field Events (Jrs.)
1st call for Running Events (Cadets)
12:50 pm CYO Prayer / National Anthem
1:00 pm MEET BEGINS

ORDER: 1:00 pm Cadet Running Events
Junior Field Events

3:30 pm (approx.) Cadet Field Events
Junior Running Events

RUNNING EVENTS OFFERED: In Order – (boys and girls)

- 1) 100m DASH
- 2) 1600m MEDLEY (200, 200, 400, 800)
- 3) 400m RELAY (4 x 100)
- 4) 800m MEDLEY (100, 100, 200, 400) *for Cadet Division*
- 5) 800m RELAY (4 x 200)
- 6) 1600m RELAY (4 x 400) *for Junior Division*

FIELD EVENTS: (Individual events)

- | | |
|-------------|--------------|
| 1) SHOT PUT | 3) LONG JUMP |
| 2) DISCUS | 4) HIGH JUMP |

- **All** races are final – Places determined by time.
- **NO** Team scores or Trophies.
- Ribbons for 1st – 6th places.
- **LIMIT** of any three events per participant.
- **SPIKED (<= 1/4") AND WAFFLED** track are shoes allowed.

QUESTIONS: Call (419) 244-6711, ext. 611