

2012 INTRACOASTAL RELAYS FLOUR-BLUFF HIGH SCHOOL

Field Events (noon)

Opening Heights

Girls Pole Vault	7'
JV Boys Pole Vault	8' 6"
Varsity Boys Pole Vault	10'

High Jump

JV Girls	4' 4"
Varsity Girls	4' 6"
JV Boys	5' 4"
Varsity Boys	5' 8"

*Note: 90 second rule will apply

Shot & Disc (noon)

Varsity Boys & Girls	3 throws each. Top eight in finals for 3 throws.
JV Boys & Girls	3 throws each. Top eight in finals for 3 throws.

Long & Triple Jumps: Each athlete will get 3 jumps in the prelims. After the first round of jumps, a "target" or cone will be placed at the distance of the 8th best jump. The next two jumps will only be measured if the athlete passes the "target" or cone. The top 8 will go onto the finals (3 jumps)

Running Events

The 3200m run will begin at 12:15pm. The 4 X 100 will begin at 3pm and we will be on a rolling schedule for the rest of the meet. **All running events will be timed finals.**

Awards

All team awards and individual award packets can be picked up in the press box after the conclusion of the Varsity Boys 1600m relay.