

**Milford Coed Relays**  
**Saturday, April 16, 2011**  
**Milford High School**

**Time Schedule:**

Bus leaves – 8:00 a.m.  
Field Events – 10:00  
4 x 3200 – 11:00  
All other running events – 1:00  
Return to Saline – approx. 5:00

**Awards:**

Trophy to first and second place teams  
Medals to the top 8 relay teams in each event

**Meet Scoring:**

10-8-6-5-4-3-2-1

**Field Event Information:**

Each competitor in the long jump will have 3 jumps – open pit.  
Each competitor in the shot and discus will have 3 throws (2-1).  
Girls' high jump starts at 4'6". Boys start at 5'6".  
Girls' pole vault starts at 6'. Boys start at 9'. Raises are 6". **Each vaulter gets 6 attempts. That's it!**

**Order of Events:**

11:00 4 x 3200 (bgbg)  
1:00 4 x 200 (gbgb)  
4 x 1600 (bgbg)  
4-2-2-4 (gbgb)  
4 x 800 (bgbg)  
Shuttle Hurdles (bgbg)  
Throwers Relay – 4 x 200 (bgbg)  
DMR (gbgb)  
4 x 100 (bgbg)  
4 x 400 (gbgb)

**Recent Results for Saline**

1<sup>st</sup> in 2009 1<sup>st</sup> in 2010  
3rd in 2008  
1<sup>st</sup> in 2007  
(see last year's results on the track website)

**Directions/Google Maps**

\*End at Milford HS – 2380 S. Milford Rd., Highland  
\*U.S. 23 north to exit 67/M-59 east  
\*Go 6.7 miles to Milford Rd. and go south  
\*Go 1.6 miles to the High School

**Meet Records**

**Discus – Saline – 488' 8" - 2009(Dawson,Helmuth,Pleger,Everett)**

High Jump – Royal Oak Kimball – 22' 6"  
Long Jump - Rochester - 73' 11 ½"  
Shot – Milford – 162' 6"  
PV – Dexter - 47'6"

**4 x 3200 – Saline – 42:23.5 (Renberg, Carter, Harper, Leptich) – 2010**

4 x 200 – West Bloomfield – 1:37.1  
4 x 1600 – Troy - 19:06.3  
4-2-2-4 - W.Bloomfield - 2:39.5

**4 x 8 - Saline - 8:47 (Dishnow, Leptich, Hunt, Carter) - 2009**

Shuttles – West Bloomfield – 58.3  
Throwers Relay – Milford – 1:44.3  
DMR – Milford – 11:27.3  
4 x 1 - Williamston - 46.5  
4 x 400 – Pontiac Northern - 3:42.5

**Schools Participating in 2011**

*Williamston	*Dexter	*Lakeland
*Holly	*Howell	*Pinckney
*Milford	*Novi	*Flushing
*Rochester	*Saline	*Stoney Creek
*Kettering	*Monroe	
*W. Bloomfield	*Farmington	