

Milford Coed Relays
Saturday, April 24, 2010
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. Period.**

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

1st in 2009
3rd in 2008
1st in 2007

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 – Kimball – 22' 6"

Shot – Milford – 162' 6"

PV – Dexter - 44'

4 x 3200 – Saline – 42:30.2 (Conn, Carter, Hunt, Leptich) – 2007

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 2010

Bay City Western	Dexter	Lakeland
Holly	Howell	Pinckney
Milford	Novi	Seaholm
Rochester	Saline	Monroe
Kettering	Troy	
W. Bloomfield	Farmington	