

# SWANWICK RELAYS

Friday, April 30, 2021  
Centreville Public Schools

4:30 - Field Events | 5:30 - Running Events

**OTHER INFO** No teams will be allowed on the infield when not competing.  
No pets allowed in the track area.

## RUNNING EVENTS

Girls run first. Coed running events will start with a girl, followed by a boy, girl, finishing with a boy.

SHUTTLE HURDLE RELAY  
SPRINT MEDLEY (100, 100, 200, 400)  
DISTANCE MEDLEY RELAY (800-400-400-1600)  
400 M RELAY  
1600 M RELAY  
Boy/Girl 400 M RELAY  
800 M RELAY  
3200 M RELAY  
BIG DOG RELAY 400 M RELAY (THROWERS ONLY – 2 BOYS & 2 GIRLS)

## FIELD EVENT RELAYS

### 2 COMPETITORS – ADD TOTAL HEIGHT OR DISTANCE

SHOT PUT	3 Puts	Girls first
POLE VAULT (COED)	3 Misses @ each height	Boys first (Opening: Girls - 5'0"   Boys - 6'0")
HIGH JUMP	3 Misses @ each height	Girls first (Opening: Boys - 4'0"   Girls - 3'9")
LONG JUMP	3 Jumps	Open pit

### **RIBBONS AWARDED FOR 1-7**

EVENT	BOYS RECORDS				GIRLS RECORDS		
	TEAM	YEAR	TIME/DIST		TEAM	YEAR	TIME/DIST
Shot Put	Constantine	2019	83' 8.5"		Three Rivers	2014	68'3.5"
High Jump	Colon/TR	2007/2009	10'6"		Sturgis	2008	9'
Pole Vault	Constantine	2019	19'8"		Constantine	2019	19'8"
Long Jump	Three Rivers	2009	35'9.5"		Centreville	2014	29'6.75"
Sprint Medley	Three Rivers	2009	01:46.7		Centreville	2009	01:59.3
Shuttle Hurdle	Constantine	2014	35.81		Constantine	2014	41.32
Distance Medley	Constantine	2013	09:24.1		Three Rivers	2007	10:40.4
400 M Relay	Centreville	2007	48.2		Centreville	2010	54.8
1600 M Relay	Constantine	2009	03:58.4		Centreville	2014	04:40.9
Co-ed 4 X 100	Three Rivers	2009	52.6		Three Rivers	2009	52.6
800 M Relay	Three Rivers	2010	01:42.5		Centreville	2008	01:56.0
3200 M Relay	Constantine	2007	09:36.1		Three Rivers	2007	10:53.3
Big Dog Relay	White Pigeon	2004	57.5		White Pigeon	2004	57.5