

Firebird Relays Medals

Relay Medals per event are awarded as follows:

A. Four (4) Team Baton Relay Events are as follows:

1. 4x100 Meter Relay @ (1st, 2nd, 3rd)
2. 4x400 Meter Relay @ (1st, 2nd, 3rd)
3. 4x800 Meter Relay @ (1st, 2nd, 3rd)
4. Speed Medley Relay (100mx100mx200mx400m) @ (1st, 2nd, 3rd)
5. Distance Medley Relay (1200mx400mx800mx1600m) @ (1st, 2nd, 3rd)

B. Individual Events and Three (3) Team Relay associated with Individual Event Times/Marks added together are as follows:

1. 65m Hurdles, 100m Hurdles, & 110m Hurdles @ (Individual & Team 1st, 2nd, 3rd)
2. 300m Hurdles @ (Individual & Team 1st, 2nd, 3rd)
3. 3200 Meters @ (Individual & Team 1st, 2nd, 3rd)
4. Long Jump @ (Individual & Team 1st, 2nd, 3rd)
5. Triple Jump @ (Individual & Team 1st, 2nd, 3rd)
6. High Jump @ (Individual & Team 1st, 2nd, 3rd)
7. Discus @ (Individual & Team 1st, 2nd, 3rd)
8. Shot Put @ (Individual & Team 1st, 2nd, 3rd)

Special Note Three (3) Times/Marks are required to qualify as a Team Relay.

Six (6) Medals per event are awarded to Individual Events Not Eligible for Relays are as follows:

1. 100 Meters @ (1st, 2nd, 3rd, 4th, 5th, 6th)
2. 400 Meters @ (1st, 2nd, 3rd, 4th, 5th, 6th)
3. 800 Meters @ (1st, 2nd, 3rd, 4th, 5th, 6th)
4. 1600 Meters @ (1st, 2nd, 3rd, 4th, 5th, 6th)