

21st Annual Panther Relays 2025

Date: Friday, March 7, 2025

Place:(mail checks payable to): William T. Dwyer High School Attn:Track
13601 N Military Trail, Palm Beach Gardens, FL 33418

Entry Fee: \$200 for both Varsity teams (Boys and Girls), \$125 for one team (Boys or Girls)

Contact Michelle Vernet michelle.vernet@palmbeachschools.org

Tickets:Go Fan \$7

Entry limits: 3 Field event/ 1 relay team per school

Time:

3:15 pm Pole Vault* Girls (Boys to follow)

Starting Height 1.80m Girls and 2.40m Boys

3:30 pm Coaches Meeting (Coaches will be asked to assist with Field Events)

3:50 pm 2000 Meter Steeplechase (Girls followed by Boys)

4pm Javelin* Girls (Boys to follow)

Discus* Girls (Boys to follow)

Shot Put* Boys (Girls to follow)

Long Jump* G (Triple Jump* Finals to follow)

Long Jump* B (Triple Jump* Finals to follow)

High Jump* Girls (Boys to follow)

*3 Athletes, lengths/Heights are combined to form total length/Height.

4:30pm

1600m Team Mile (3 Athletes, times are combined to form total time)

5:45pm Rolling Schedule Girls followed by Boys

Distance Medley Relay 1200-400-800-1600

Swedish Medley Relay 100-200-300-400

100m Shuttle Hurdle Relay (4 Girls)

110m Shuttle Hurdle Relay (4 Boys)

4x100 Relay

4x110y Throwers Relay (They must have competed in the throws)

4x100 Coaches Relay (non-scoring)

4x800 Relay

4x200 Relay

4x400 Relay COED (Only one team per school)

4x400 Relay

ONLY ONE RELAY TEAM PER SCHOOL

All field events are finals with 3 attempts and all running events are seeded.

All running contestants will report to the Clerk in the area of the 100M start when 1st call is made unless told otherwise. Distance races will meet at the start line.

-Meet will adhere to the following prescribed heights and incremental increases until only one jumper remains. Opening heights will be the closest height listed:

High Jump: 1.17, 1.22, 1.27, 1.32, 1.37, 1.42, 1.47, 1.52, 1.57, 1.62, 1.67, 1.72, 1.77, 1.82, 1.87, 1.92, 1.97, 2.02, 2.07, 2.12, 2.17, 2.22

Pole Vault: 1.50, 1.65, 1.80, 1.95, 2.10, 2.25, 2.40, 2.55, 2.70, 2.85, 3.00, 3.15, 3.30, 3.45, 3.60, 3.75, 3.90, 4.05, 4.20, 4.35, 4.50, 4.65, 4.80, 4.95