



Titans Relays

While the Titanomachy Pentathlon is under way, we will also hold competitions in the following relay events:

- **Discus Relay**- four boys or four girls share ten attempts, top mark from each of the four added to determine the winner. Entries capped at 12 teams. Teams will be matched in head-to-head contests, alternating ten throws.
- **Thunder & Lightning**: Throwers Relay- two boys and two girls share ten attempts in shot put, top mark from each added together, then the four will run a 4x1 and subtract their time from their total distance to determine winner (e.g. $35' + 32' + 40' + 50'6'' = 157'6'' - 55.28 = 151.22$ final score- faster times subtract less from the distance). Teams will be matched in head-to-head contests for the throwing, and in heats for the 4x1. Entries capped at 16 teams.
- **Coed Altius Relay**- Two girl high jumpers and two boy high jumpers **places** are added together (like cross country) and the lowest scoring team wins (ties broken by combined height). Partial teams will have unfilled spots scored as total number of entries +1. Entries capped at 16 teams.
- **Coed Pole Vault**- Girls and boys will vault together, top three girls and top three boys will earn medals.
- **Coed Hurdle Shuttle Relay**- Two boys and two girls will race in a hurdle shuttle- girl, girl, boy, boy. The first girl and boy will run from the finish line to the start line (incorrect distance to first hurdle).
- **Sprint Medley**- Four girls or four boys run legs of 100-100-200-400. Entries capped at 24 entries.
- **Distance Medley Relay**- Four girls or four boys run legs of 1200-400-800-1600. Entries capped at 16 teams.
- **Long Jumps**. Two boys and two girls **share** ten jumps. The best jump from each of the four athletes will be added together and the farthest cumulative distance wins. There will be no triple jump contested.
- **Gauntlet Mile**- Towards the end of the night we will allow athletes and fans an opportunity to line the track for our lone individual event of the night- the Gauntlet Mile. A true mile (1609.34 meters) will be contested by the top sixteen entrants for both girls and boys in one heat each. Slower heats of the Mile will be conducted earlier in the meet.

Titanomachy!

Time Schedule

Titanomachy	Track Relays	Field Relays
4:30pm by Opening Ceremonies: Introducing the Athletes	4:30pm Warmups	3:30pm Warmups
5:00pm Hurdles	5:15pm Hurdle Shuttle Relay	3:45pm Long Jumps
5:15pm Girls Shot Put Boys Long Jump	5:30pm Distance Medley Relay	3:45pm Boys Discus
6:30pm 100M Dash	6:15pm Sprint Medley Relay	4:00pm Thunder & Lightning Shot Put
6:40pm Girls Long Jump	7:15pm Sections 1, 2, & 3 of Gauntlet Mile	4:30pm Coed High Jump High Opening Coed Pole Vault
6:40pm Boys Shot Put	7:35pm Thunder & Lightning 4x1	6:15pm Low Opening Coed Pole Vault
8:00pm 800/1500M Run	7:50pm Section 4 of Gauntlet Mile	6:30pm Girls Discus (or as soon as the ring is available)
8:45pm Closing Ceremonies Crowning of the Champions	8:10pm Sections 5 & 6 of Gauntlet Mile	