

Carey High School

21st BLUE DEVIL RELAYS

April 4, 2020

Arlington, Arcadia, Calvert, Carey, Hopewell-Loudon,
Jones Leadership Academy, Riverdale, Willard

Starting times: 10am field events 11:30am running events

Tricia Nash, Carey's girls head Coach

Rick Baldrige, Carey's boys head Coach

Again, this year we will be using the Baumspage online entry system. The entry window will open on March 25th at 7:00 am and the window will close on April 2nd at 9:00 pm. **Coaches** when entering the Freshmen mile race use the event 1600 meter 9th and when entering the Freshmen Sprint Medley use 9th Sprint Medley. The Mile races are 30 feet 9 inches longer than a 1600-meter race.

All Buses after pulling into the school's west entrance turn toward the bus garage and park south of the garage. Coaches you can go into the track side of the **field house** and make changes to your entries.

1. Coaches meeting at 9:15 am in the field house at the northwest corner of the track.
2. Long Jump, Triple Jump, shot, discus participants will each be given 4 attempts each, no finals.
3. High jump and pole vault have priority over other field events.
4. **10:00-** girls high jump (west pits), boys high jump (east pits).
boys long jump (open pit 10:00 to 11:15), girls long jump (11:30 to 12:45), 4 jumps each.
boys and girls triple jump to follow the long jump, 4 jumps each.
boys discus, girls to follow, 4 throws each.
girls shot, boys to follow, 4 throws each.
girls pole vault, boys to follow.
5. **11:30-** boys distance medley (800, 400, 1200, 1600), girls to follow - 1 heat each
boys shuttle hurdles, girls to follow - 2 heats each
boys 4x100 meter relays, girls to follow - 1 heat each
boys **freshmen MILE (1760 yds.)** 2 runners per school, girls to follow - 1 heat each
boys **The MILE (1760 yds.)** 2 runners per school, girls to follow - 1 heat each
boys freshmen sprint medley (100, 100, 200, 400) girls to follow - 1 heat each
boys sprint medley (100, 100, 200, 400) girls to follow - 1 heat each
boys Throwers relay (4x100) girls to follow - 1 heat each
Officials break if needed
boys 4x800 meter relays, girls to follow - 1 heat each
boys 4x200 meter relays, girls to follow - 1 heat each
boys 4x400 meter relays, girls to follow - 1 heat each
6. Scoring will be 10-8-6-5-4-3-2-1
7. Trophies to the 1st and 2nd place boys' and girls' team.
8. Camps should be set up outside the fence of the track if possible.
9. Bullpen will be just south of the stadium.
10. Concessions will be available at the north end of the track.
11. Awards (1st thru 3rd place) can be picked-up in the far west room of the Field House.
12. A full team in a field event is 3; if there is only 1 or 2 on a team, they can still compete in the field event and figure in the scoring.
13. No spikes are to be worn in the bleachers.
14. Have your throwers check in their implements at the throwing site before 9:30am.
15. No one is to walk through the discus or shot-put throwing areas.
16. It is recommended you bring your own starting blocks. Please have a holder when using blocks.
17. Coaches if you have any questions call the meet director at 419-722-0559.