



Martins Ferry Relays April 7th, 2020



MEET FORMAT: The Martins Ferry Relays are true relay events. Teams can enter up to 3 athletes per field event; distances and heights are then added together to tally a team total. This will be the case in the Shot Put, Discus, Long Jump, High Jump and Pole Vault. In the running events, you are permitted **two** entrants in open events, but only one relay per team. Also included in the meet are the Sprint Medley Relay (100-100-200-400) and the Distance Medley Relay (1200, 400, 800, 1600).

1. Only spikes $\frac{1}{4}$ inch or lower may be used, including the pole vault, long jump and high jump.
2. All timing will be FAT with times recorded to the hundredths of a second.
3. The 100M Dash and 110HH/100HH will be run in trial heats with the six (6) fastest times advancing to the finals. All other races will be run as finals. All placing will be based on time.
4. Long Jump will consist of three jumps with each team's individual jump added together with teammates to determine final distance.
5. High Jump and Pole Vault will be run similar to the Long Jump, as your athlete's top three heights will be added together for a team total.
6. Shot Put and Discus will take your three individual's three best throws added together for a team total. **Though we will use a minimum distance mark, every competitor will have at least one legal throw measured.**
7. Competitors in the Pole Vault will not be permitted in the area until an Official is present. Pole Vault Verification forms **MUST** be submitted and poles inspected prior to the event.
8. Starting blocks will be provided, but you are more than welcome to use your own block.

ENTRY FEES: This year's entry fee is \$120 per school or \$60 per team (boys or girls).
Entry fees may be mailed

Martins Ferry Athletic Department
C/O: Mark Cook AD
5000 Ayers Limestone Road
Martins Ferry, OH 43935

to:

AWARDS: Top three in each event will be awarded medals. Plaques will be given to the top two teams and there will be a high-point award for both male and female competitors.

ENTRIES: Are due by 12:00 pm Monday April 6th.

Contact: If you have any questions, please contact either:

Greg Steele: Cell: 740-310-7401 Email: greg.steele@omeresanet

Mark Cook: Cell: 740-590-8927 Email: mark.cook1@omeresanet