

Newcomerstown J.D. Milburn Memorial Relays

Date: Saturday April 1, 2023 @ 10:00 a.m.

We will use fully automatic timing this year. Your meet entries should be made on BaumsPage. Entries will be open until Thursday March 30th at 7 p.m. Please also fill out the relay entries below as a backup and email them to chase.addy@staff.nctschools.org also by March 30th.

Field Events will start at 10:00 AM and Running Events at 11:30 AM (6400 Relays)

Entry Fee: \$200 (\$100 per boys and \$100 per girls), made payable to Newcomerstown Athletic Department

A first and second place trophy will be awarded. Medals will be given to each boy and girl whose teams finish in the first two places in each event. Ribbons will be given for 3rd, 4th, 5th.

Field events will be made up of three person teams--totaled for distance. Relays will have the usual four participants. Please try and keep your athletes in your designated teams areas when they are not competing.

Your squad should come dressed, as there are not adequate locker facilities for all schools.

Due to the fact that we have an 8 lane all weather track, only ¼ inch spikes will be permitted on the track, and in the jumping areas. This will be enforced. Absolutely no needle spikes will be permitted.

Presentation of awards will take place at the conclusion of the meet. Team packets with the awards enclosed will be given to Head Coaches at this time. Please allow 10 minutes after the conclusion of the meet for results.

Parking for team buses will be at parking lot behind West Elementary

A brief coaches meeting will take place in front of the press box at 9:30 AM.

Newcomerstown High School will provide blocks (except stand up).

Implement weigh in (shot put and discus) will be behind the press box in the old concession stand prior to the track meet.

Long Jump will be Open Pit Format. The pit will be open from 10:00 - 11:30 AM. Additional time if needed. Jumpers may take two jumps in succession. Total of 4 jumps for Long Jump and 4 throws for Shot Put and Discus

Admission: \$5.00 per ticket

Concession stand will be open

**53rd ANNUAL BOYS AND 39th ANNUAL GIRLS
J.D. MILBURN MEMORIAL RELAYS**

ORDER OF EVENTS

10:00 AM LONG JUMP --OPEN PIT UNTIL 11:30 AM
GIRLS SHOT PUT, GIRLS POLE VAULT
BOYS DISCUS, BOYS HIGH JUMP. REMAINING FIELD EVENTS
TO FOLLOW COMPLETION OF EVENTS. LISTEN FOR CALLS.

11:30 AM NATIONAL ANTHEM CEREMONY

GIRLS 6400 METER RELAY (4 X 1600)
BOYS 6400 METER RELAY (4 X 1600)

12:30PM GIRLS 400 METER RELAY (4 X 100)
BOYS 400 METER RELAY (4 X 100)

GIRLS 3200 METER RELAY (4 X 800)
BOYS 3200 METER RELAY (4 X 800)

HEAT 1 GIRLS 30" SHUTTLE HURDLES (100 METERS)
HEAT 2 GIRLS 30" SHUTTLE HURDLES (100 METERS)
HEAT 1 BOYS 30" SHUTTLE HURDLES (110 METERS)
HEAT 2 BOYS 30" SHUTTLE HURDLES (110 METERS)

GIRLS SPRINT MEDLEY (100, 100, 200, 400)
BOYS SPRINT MEDLEY (100, 100, 200, 400)

GIRLS DISTANCE MEDLEY (200, 400, 800, 1600)
BOYS DISTANCE MEDLEY (200, 400, 800, 1600)

GIRLS 800 METER RELAY (4 X 200)
BOYS 800 METER RELAY (4 X 200)

GIRLS 1600 METER RELAY (4 X 400)
BOYS 1600 METER RELAY (4X 400)

Note: Shuttle hurdles will be run in 2 heats. Places will be awarded on the basis of time, not by finishing position of each heat.