

# 2022 Cloverleaf Early Bird Relays

Cloverleaf High School  
Saturday, March 26, 2022

## Date

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## Team Camps

Please use the east side visitor stands for team camps

**No camps on the football field or in the west side home stands.**

## Scoring

Top 8 places score points in each event with standard scoring (10-8-6-5-4-3-2-1)

## Awards

Awards will be given at the conclusion of each competition at the podium in the middle of the football field. Please direct athletes to head toward the podium following the conclusion of each event.

Medals to winning relay teams and ribbons to the other placers.

## Coaches Meeting

There will be a Coaches Meeting at 9:00AM where scratches for running events may be submitted.

Field event scratches can be submitted at the event location.

## Clerking

Clerking for all running events will occur at the north end of the home straight.

Clerking for all field events will occur at the location of the field events.

## Field Events

All field events will be 3 person relays, with the exception of pole vault, which will be a 2 person relay.

## Throwing Events

Throwing implements will be checked-in at the Concession Stand Side Window at 9:00AM. Implements that do not pass validation will be held at the Concession Stand until the competition has concluded. Teams are responsible for collecting their own implements.

The throwing facility is across Buffham Road on the North end of the facility. There is a marked crosswalk, but please take care when crossing the road.

Throwing clerking will be held at the event location.

There will be four attempts for each competitor. The top throw for each competitor will be used to calculate the total distance for the relay team.

Teams will be separated into two flights.

There is dedicated seating for spectators at the throwing facility that has visibility for both shot put and discus. There will be a marked area that is for competitors and coaches only.

There are two shot put pits and two discus rings at the throwing facility, but only one of each will be available for athletes. The other two rings will be marked as explicitly off-limits, and no competitors may utilize them at any point during the competition.

Boys shot put will compete first followed by girls.

Girls discus will compete first followed by boys.

## Pole Vault

The pole vault event location is at the south end of the facility, behind the scoreboard.

Pole vault clerking will be held at the event location.

There is a single pole vault pit. Girls will compete first followed by boys.

There are only two competitors per relay team for pole vault.

The highest clearance for each competitor will be used to calculate the total height for the relay team.

Girls progression: Starting height 6-00, then up 6 inches until 10-00, then up 3 inches

Boys progression: Starting height 7-00, then up 6 inches until 12-00, then up 3 inches

## Long Jump

The long jump event location is next to the visitor stands at the southeast corner of the facility.

Long jump clerking will be held at the event location.

There is a single long jump pit. Both genders will compete in a mixed open pit. The open pit will run from 10:00AM until 11:30AM.

There will be four attempts for each competitor. The longest jump for each competitor will be used to calculate the total distance for the relay team.

## High Jump

The high jump event location is inside the track oval at the north end.

High jump clerking will be held at the event location.

There is a single high jump pit. Boys high jump will compete first followed by girls.

The highest clearance for each competitor will be used to calculate the total height for the relay team.

Girls progression: Starting height 4-00, then up 2 inches until 5-00, then 1 inch

Boys progression: Starting height 5-00, then up 2 inches until 6-00, then 1 inch

## Shuttle Hurdles

Boys 36" 110 meters, Girls 33" 100 meters

## Warm Ups

Warm ups will not be allowed on the football field.

## Concessions

Concessions will be available at the north end of the facility.

Complimentary Food for Coaches: Coaches will be given a ticket for a complimentary Food item and a drink at the Concession stand. Thanks for your positive impact on young adults.

## Track Care

¼" spikes or shorter may be used.

Please use only tennis balls to mark competition surfaces. Absolutely no tape should be used to mark the competition surfaces.

## Busses

Please inform bus drivers to drop athletes off at the facility's main entrance, located on Buffham Road.

Busses will then be directed to park at the Cloverleaf Elementary School.

## Schedule

**9:00 AM** Coaches Meeting  
Implement Check-In

### Field Events

<b>10:00 AM</b>	Discus	Girls / Boys
	Shot Put	Boys / Girls
	High Jump	Boys / Girls
	Long Jump	Mixed Open Pit
	Pole Vault	Girls / Boys

### Running Events

(Rolling schedule starting at 11:30 AM)

**10:30 AM** 4 x 1600M Relay All running events will be girls first, then boys

**11:30 AM** 4 x 100M / 110M Shuttle Hurdles  
(100M Girls, 110M Boys)

4 x 100M Relay

4 x 800M Relay

4 x 200M Relay

4000M Distance Medley Relay  
(1200 - 800 - 400 - 1600)

800M Sprint Medley Relay  
(100 - 100 - 200 - 400)

4 x 100M Ironwoman / Ironman Relay  
(4 members must be throwers on a consistent basis)

4 x 400M Relay