

Eastwood Relays
Eastwood High School

- Date:** Friday, April 23, 2021 - - **4:30** (4:15 – Seated Shot Put)
- Teams:** Eastwood, Anthony Wayne, Bowling Green, Cardinal Stritch, Clay, Findlay, Liberty Benton, Napoleon, Saline (Michigan), Southview, Start, Whitmer.
- Times:** **4:15 Seated Shot Put (If we receive entries)**
4:30 –Girls Disc, Boys Disc (2 Rings), Girls LJ, Boys & Girls HJ and PV (Two Pits),
- Weigh Ins:** We will NOT weigh implements; we will use the honor system.
- Coaches Meeting:** No Meeting – Packet Pickup - We will announce anything missed or I will talk to you personally. **Food this year is under the press box in the garage.**
Sorry sandwiches, chips, packaged goodies due to Covid
- Entry Forms:** Entries will be done on **Baumspage**. Entries open now, **close on April 22nd at 7 p.m.**
All lane assignments will be seeded according to entered times!
- Awards:** **Combined Program (Men’s / Women’s) Champion & Runner-up Banners.**
Champion & Runner-up Medals to whole team. (No Trophy)
Medals will be awarded for 1st-**5th** (Gold, Silver, & Bronze 3rd-5th, no other color). **They will get them after their race near finish line. Barring no disqualifications.**
We will take pictures of champions. (We will not wait very long for you to show up)
- Interviews:** **We will try again to have event winners will be interviewed after getting their medals by Jesse Squire. We will sanitize any audio equipment.**
We will try Facebook live streamed or you tube.
- Facilities:** The track is an eight lane all weather surface as well as all runways and jumps. The shot/discus are concrete. Camps should be outside the track fence away from the finish line area. **Maximum spike length is ¼ inch exposed spike!**
- Events:** Most events are relays - three athletes per relay field event and four per running event. Hammer, 1600, 100, 300IH are one competitor. **We will NO longer have triple jump. With one runway it is difficult to get it all long jumpers done.**
Four attempts in shot, disc, long jump, and hammer.
- Scoring:** 10, 8, 6, 5, 4, 3, 2, 1 (8 places)
- Field Events:** You will supply your own implements. **Starting heights are subject to change**
HJ starting heights (2 pits simultaneously) B – 5-0, 5-3, 5-6 then 2” til 6-2 then 1”
G – 4-0, 4-3, 4-6 then 2” til 5-0 then 1”
PV - Boys Start at 8-0 to 9-0 to 10-0, then 6” thereafter
PV - Girls Start at 6-0, 7-0”, then 6” thereafter
- Results:** Results are on Baumspage and will be available at the press box approximately 15 minutes after the last race.
Any questions, contact Brian Sabo at my cell: 419-250-7653. Email: bsabo@eastwoodschoools.org

2021 EASTWOOD RELAYS ORDER OF EVENTS

4:15 Seated Shot put

4:30 p.m. Field Events

Girls & Boys High Jump (two pits) Bars will be measured

Girls and Boys Discus (Then shot puts) (There are two rings)

Girls Long Jump - open pit for 1:15 hour (Boys to follow – 1:15 hour)

Boys and Girls Pole Vault (two pits)

Hammer Throw will take place in big cage when 1st group is done with their 2nd throwing event.

5:20 p.m. Seated 800m dash

5:30 p.m. Running Events

5:20 p.m. Seated 800m dash (if any entries)

Girls first, Boys Open 1600m Run.

Girls first, Boys 4 X 100 M Relay (2 heats, Hot heat is 2nd)

Girls first, Boys 1600 M Sprint Medley Relay (200,200,400,800) (2 heats, Hot heat is 2nd)

Girls first, Boys 4 X 800 M Relay (one heat)

Seated 100m dash (if any entries)

Girls first, Boys Open 100m Dash (2 heats, Hot heat is 2nd)

Girls 4 X 100 M Shuttle Hurdles 30 inch hurdles (several heats)

Boys 4 X 110 M Shuttle Hurdles 33 inch hurdles (several heats)

Girls first, Boys 800 M Sprint Medley Relay (100,100,200,400) (2 heats, Hot heat is 2nd)

Seated 400m dash (if any entries)

Girls first, Boys Open 300 Intermediate Hurdles (2 heats, Hot heat is 2nd)

Girls first, Boys 4 X 200 M Relay (2 heats, Hot heat is 2nd)

Girls first, Boys Distance Medley (800,400,1200,1600) One heat

Girls first, Boys 4 X 400 M Relay (usually about 8:55) (2 heats if necessary, Hot heat is 2nd)

Coaches,

We will be running two high jump and pole vault pits. Both events begin at 4:30. Please encourage your athletes to stay at the field events. It would be great if we use the 1 hour we have before the running events begin to complete a majority of the field events.

Also, could you encourage your athletes not to walk in the stands with their spikes. We have noticed many pin marks in the aluminum bleachers. Tell your athletes about the Eastwood Relay T-Shirts. They will be only \$10.

We have found that assigning teams to exchange zones lessen the burdens on everyone. Here are your assignments. Flags will be at each zone.

Exchange Zone Judges

Race Zone

4x100 1) Bowling Green – Clay
 2) Southview- Whitmer
 3) Eastwood - Liberty Benton

1600 SM 1) Findlay - Napoleon

800 SM 1) Anthony Wayne – Cardinal Stritch
 2) Saline - Start

4x200 1) Eastwood Coaches

Shuttles - Starter, Clerks, Eastwood Coaches

Hopefully the kids will get a warm April day to compete.

Any Questions - High School Fax 419-833-6014, Home 419-833-9650, Cell 419-250-7653
bsabo@eastwoodschoools.org

Sincerely,

Brian Sabo
Eastwood Boys Head Coach