

2013 Seneca East Tiger Relays  
Saturday, March 30, 2013 (10:00 a.m.)

The entry fee is \$110.00 for both boys and girls teams. Please bring the entry fee with you if you have not already sent it. Team trophies go to the top two teams in each category (both boys and girls). Scoring is 10, 8, 6, 5, 4, 3, 2, and 1. Awards will be placed in packets. Coaches should pick them up at the conclusion of the meet in the press box. The awards will be: medals for the first place, ribbons for second through sixth place. Teams include: Arcadia, Bellevue, Carey, New London, New Riegel, Oak Harbor, Seneca East, South Central, and Western Reserve.

Please try to have your team present at 9:20. At 9:40 there will be a coaches' meeting for lane and heat assignments, scratches, and last minute instructions. Make sure you put your entire roster and relay entrants on [baumspage.com](http://baumspage.com) by the deadline of Thursday, March 28 at 7PM. Tell your athletes our concession stand will be open. Please remind your athletes to keep spikes out of the bleachers. No relay cards are needed. 1/4" spike maximum. No camps on the football field.

The meet will start at 10:00 a.m. with field events. You may enter 3 athletes in each field event. Their total will determine team placements. At Noon the running events will start.

All lane and heat assignments will be made by random draw using HyTek. In all running events the girls will run first. All running events are final with place based on time only (no preliminaries). Programs will be available at the coaches' meeting.

The 400M low hurdle (one-lap hurdles) event will be with a baton. The exchange zones will be identical to the 400M relay. Each athlete covers 100 meters. Each athlete has three low hurdles (20 yards to the first hurdle and 20 yards between). For the second, third, and fourth runners, the first hurdle will be set 20 yards from the end of the previous exchange zone. All three hurdle events, boys and girls, will use 30" hurdles.

The 1200M Relay will be run with four athletes covering 300 meters each. Three exchange zones, starting with a two turn stagger. The first exchange is in lanes, California the rest of the way. Second runner cuts.

The two lap hurdles will be run with four athletes covering a 200 meter distance with nine hurdles each. The hurdles are spaced identical to the old 180yd. low hurdles (20 yards apart). No baton will be used. Each leg of the relay will start from blocks. An official will tap the second, third, and fourth athletes when the incoming runner has completed 200 meters.