

Shelby Middle School Relays

April 26, 2024

Teams: Kenton, Lexington, Madison, Ontario, Shelby

Baumspage Entry: Please complete by Thursday, at 12pm.

Events: All running events are relays. Please have your relay teams report to the bullpen. **The last runner of each relay will receive a hip number for their lane assignment.**

Field events are 3 person relays. Field event athletes should report to their field event. Coaches-Please remind your athletes who leave to run a race to return to their field event ASAP. Since all running events are relays, relay uniform rules will be enforced.

Scoring: 8 6 4 2 1

Awards: Ribbons for all five places. Ribbons will be placed in a packet along with the meet results as soon as possible at the conclusion of the meet. Coaches may pick up the packet at the pressbox. Boys and girls first and second place team trophies will also be given.

Track: Athletes should use 1/8" spikes only. Please use tennis balls or chalk to put marks down - NO TAPE.

Team Camps: May set up under home bleachers. The stands near the finish line are for coaches and spectators ONLY.

Starting Heights: Boys pole vault – 7', Girls pole vault – 6'
Boys high jump – 4'8", Girls high jump 4'2"

* These heights will be discussed at the coaches meeting and may be adjusted accordingly.

Admission: \$5 for all tickets (online or cash at the gate)

Relays Time Schedule

3:45 - A brief coaches meeting at the start/finish line. Scratches and changes may be made at this time.

4:00 - All field events will begin. No relay cards for field events.

- Boys shot put – 4 throws (2 and 2)
- Girls discus – 4 throws (2 and 2)
- Girls pole vault followed by the boys pole vault
- Boys high jump followed by the girls high jump
- Boys and girls long jump – open pit until 5:30 – 4 jumps

4:30 -	4 X 800 relay	- girls first, 2 turn stagger
	4 X 100 Relay	- Girls first
	Distance Medley 4000	- 800, 400, 1200, 1600
	4 X 200 Relay	
	Sprint Medley 1000	- 400, 300, 200, 100
	Shuttle Hurdles	- boys 30" and girls 30"
	Sprint Medley 800	- 100, 100, 200, 400
	Middle Distance Medley	- 400,400,800,800, 3 turn stagger
	4 X 400 Relay	- 3 turn stagger

Lane Assignments – will be noted in heat sheets prior to the meet.

*** Girls will run first in each event.**

Flight 1 - Boys Shot
Kenton
Lexington
Madison

Flight 1 - Girls Discus
Ontario
Shelby

Flight 2 - Boys Shot
Ontario
Shelby

Flight 2 – Girls Discuss
Kenton
Lexington
Madison