

Jaguar Relays

When: Tuesday, March 20, 2012, 5:30 PM

Where: North Laurel High School, Track Complex (New 8 lane rubberized track!)

Running events:

4x800 Relay
Shuttle Hurdle Relay
(2x100HH for girls; 2x110HH for boys)
4x200 Relay
4x100 Relay
Distance Medley Relay (800, 400, 1200, 1600)
Sprint Medley Relay (100, 100, 200, 400)
4x400 Relay

Field Events (3 attempts, no finals):

Discus – girls followed by boys
Shot put – boys followed by girls
Pole Vault – girls followed by boys
High Jump – boys followed by girls
Long Jump – girls followed by boys
Triple Jump – boys followed by girls

Misc: Scoring will be dependent upon number of teams per Rule 2.1.2 with no more than six places scoring. A \$5 admission will be charged to spectators. Concessions will be available. Hand timing (Sprint 8) will be used. In the event of severe weather, teams should evacuate to their buses. Gordon Boccock will serve as the meet official and will enforce all rules.

Entries: All events, including field events, will be conducted and scored as relays. Field event relays will consist of two athletes and all running relays (except for hurdles) will consist of four athletes. Each team may only submit one relay per event. If you wish to submit multiple relays per event, you will need to pay entry fees for extra team(s) and submit a separate roster for each team with each athlete only appearing on one roster.

Awards: Ribbons will be awarded to the top 3 relays in each event. The top overall boys and girls teams will receive a championship trophy.

Time Schedule: Implement & Vaulters Weigh-In @ 5:00

Coaches Meeting @ 5:15

Field Events begin @ 5:30

Running Events begin @ 6:00

Fees: Entry fee is \$55 per girls team and \$55 per boys team.

Make checks payable to North Laurel High School, c/o Coach Kevin Bradford, 1300 Hal Rogers Parkway, London, KY 40741.

Send electronic (Hy-Tek) rosters to coachbradford@gmail.com no later than May 14, 2010. You do not need to declare entries in advance. Each athlete will be limited to four events.