

# CATHOLIC SCHOOL RELAYS

**TIME:** MAY 3, 2009  
**PLACE:** JESUIT HIGH SCHOOL  
**TIME:** 10:00 A.M. - FIELD EVENTS  
11:30 A.M. - TRACK EVENTS

**AWARDS:** TROPHIES - FIRST THROUGH FIFTH FOR TEAM SCORING (No Individual Awards)  
**RIBBONS - FIRST THROUGH SIXTH PLACE TEAMS**

**SCORING:** 10 - 8 - 6 - 4 - 2 - 1

**EACH SCHOOL IS ALLOWED TO ENTER ONE TEAM IN ALL RELAY EVENTS. AN INDIVIDUAL MAY COMPETE IN UP TO 4 RELAY EVENTS (NOTE JV RULE BELOW).**

FIELD EVENTS: TWO INDIVIDUALS PER TEAM  
RUNNING EVENTS: FOUR INDIVIDUALS PER TEAM

ALL FIELD EVENT RELAYS WILL START AT THE SAME TIME. EACH ATHLETE GETS THREE ATTEMPTS IN THE SHOT PUT AND LONG JUMP. IN THE HIGH JUMP, EACH ATHLETE WILL REMAIN IN THE COMPETITION UNTIL THEY EACH RECORD 3 CONSECUTIVE MISSES. OPENING HEIGHT IN GIRLS HIGH JUMP - 3' 6"; IN BOYS HIGH JUMP - 4' 2". THE BAR WILL BE RAISED IN 2" INCREMENTS UNTIL ONE COMPETITOR REMAINS, THEN 1" PER SUCCESSFUL ATTEMPT). THE SUM OF THE BEST MARKS FROM THE 2 COMPETITORS WILL DETERMINE THE TEAM MARK AND PLACE.

**ORDER OF EVENTS:**

**FIELD EVENTS:** ALL START AT 10:00 A.M.  
GIRLS AND BOYS LONG JUMP RELAY  
GIRLS AND BOYS HIGH JUMP RELAY  
GIRLS AND BOYS SHOT PUT RELAY

**RUNNING EVENTS:** IN FOLLOWING ORDER STARTING AT 11:30 A.M.  
GIRLS - 280 SHUTTLE HURDLE RELAY (4 X 70 LOW HURDLES)  
BOYS - 280 SHUTTLE HURDLE RELAY (4 X 70 LOW HURDLES)  
GIRLS - SPRINT MEDLEY (110, 110, 220, 440)  
BOYS - SPRINT MEDLEY (220, 220, 440, 880)  
GIRLS - 880 RELAY (4 X 220)  
BOYS - 880 RELAY (4 X 220)  
GIRLS - 5<sup>TH</sup> AND 6<sup>TH</sup> GRADE RELAY (4 X 110); POINTS COUNT FOR VARSITY  
BOYS - 5<sup>TH</sup> AND 6<sup>TH</sup> GRADE RELAY (4 X 110); POINTS COUNT FOR VARSITY  
GIRLS - DISTANCE MEDLEY (880, 440, 1320, MILE)  
BOYS - DISTANCE MEDLEY (880, 440, 1320, MILE)  
GIRLS - 440 RELAY (4 X 110)  
BOYS - 440 RELAY (4 X 110)

**THERE WILL BE NO SEEDING FOR THIS MEET.  
ALL ENTRIES WILL BE SEEDED AT THE START LINE.**

**NOTE:** IF A JUNIOR VARSITY COMPETITOR COMPETES IN A VARSITY EVENT, HE OR SHE WILL NOT BE ALLOWED TO COMPETE IN THE 4 X 110 RELAY FOR THE JUNIOR VARSITY RELAY.

**COACHES MEETING WILL TAKE PLACE 30 MINUTES PRIOR TO THE MEET.**