

CATHOLIC SCHOOL RELAYS

TIME: MAY 1, 2011
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
EVENT 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' 2" IN BOYS HIGH JUMP - 3' 10". THE BAR WILL BE RAISED IN 2 INCH INCREMENTS UNTIL ONE COMPETITOR REMAINS, THEN 1 INCH 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 - 5TH AND 6TH GRADE RELAY (4 X 110); POINTS COUNT FOR VARSITY
BOYS - 5TH AND 6TH 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 RELAY.

COACHES MEETING WILL TAKE PLACE 30 MINUTES PRIOR TO THE MEET - 9:30 AM!