

# **DOWNEY RELAYS (SS)**

## **MEET ORGANIZATION AND PROCEDURES**

**March 6, 2010**

**Competitors are to remain in the stands during the meet. Only those competing shall be permitted on the field. Warm up on field east of track; clerk located there. All four relay members must report to the clerk when called.**

**ENTRY FEES: \$70/Division. Individual entries: \$7/relay team.**

**AWARDS: The first five teams will receive medals for each individual team member. In races with heats, placing will be fastest times. In case of ties, medals will be awarded by coin flip in running events and by the top individuals in field events; team points will be divided for scoring. Fifth place ties will received duplicate awards. Points for team awards will be scored 10-8-6-4-2.**

**“B” teams may be entered in the distance races and field events. If these extra teams place in the top 5, duplicate medals will be awarded to them: They will not score and will not displace other schools for medals or points.**

**FIELD EVENTS: Long jump, triple jump, shot and discus--three trials. Pole vault and high jump--six trials: No more than three at one height, three consecutive misses eliminates competitor.**

**In shot and discus, warm-ups will be allowed between flights.**

**DISTANCE RELAYS: Scratch starts will be used in the four distance races.**

**STARTING BLOCKS: Blocks will be provided.**

**DRESSING: Please have athletes come dressed, as facilities will not be available.**

**CONCESSION STANDS WILL BE OPEN**

**SCHOOL PACKETS: Coaches are to pick up school packets at Front Gate.**

**T-SHIRTS: Downey Relays T-shirts will be available for purchase.**

**BUS PARKING: Arrangements have been made for the buses to part in the Stonewood Center. After dropping off athletes, buses should go to the Stonewood Shopping Center which is located immediately East of the school.**

### **FIELD EVENT ORDER AND STARTING HEIGHTS:**

<u>High Jump</u>	<u>Long Jump</u>	<u>Triple Jump</u>	<u>Pole Vault</u>	<u>Shot Put</u>	<u>Discus</u>
B Var (5'0)	B F/S	G Var	B Var (9'0)	G F/S	G Var
B F/S (4'8)	G Var	G F/S	B F/S (7'0)	B F/S	B Var
G F/S (3'10)	B Var	B F/S	G F/S (5'0)	G Var	G F/S
G Var (4'0)	G F/S	B VAR	G Var (6'0)	B Var	B F/S