

Rachel Morris Relays

Entries: MileSplit.com will be managing our meet entries this year. Entries are due **the night before the meet date.**

Meet Information:

- Entry fee of \$150.00 per school. (Checks may be brought to the check-in shed before the meet.)
- A coaches meeting will be held at **1:00 PM** in the track shed.
 - Upon arrival, report to the press box for an entry list.
 - All Scratches will take place at this time. No subs.
- Entries are limited: 2 athletes per event and 1 relay per team.
 - An athlete can compete in up to 4 events including relays.
- Please note that the 3200m Run will be held during Field Events.
- Competitors must use $\frac{1}{8}$ or $\frac{3}{16}$ inch (3mm pyramid spikes) or less on the track surface.
 - *VIOLATION OF THIS RULE WILL RESULT IN DISQUALIFICATION.*
 - Spikes will be checked at the bullpen.
- All competitor's uniforms must conform to NFHS regulations.
- Scoring of the meet will be as follows:
 - 10-8-6-5-4-3-2-1 for the eight places respectively.
 - Medals will be given for the top 3 places in individual events and top 3 in all relay events.
 - In cases of ties, the points shall be divided and the contestants will flip for the medal.
- Medals will be placed in packets and coaches may pick them up after the meet or when leaving.
 - *PLEASE DO NOT SEND MANAGERS TO THE PRESS BOX.*
 - Plaques will be given to the first place teams.
- Appeals- An infraction will first be dealt with by the starter and referee. The appeals committee is:
 - Westran
 - Schuyler Co.
 - Salisbury
- A concession stand will be provided.
- An area for tents will be available behind the bleachers and on the east hillside next to the flagpole.
- We have an automatic timing system.
 - Coaches may be asked to help with timing in the event of a technical issue with the system.
- Locker rooms will not be available.
- Admission:
 - \$3.00 Adults
 - \$2.00 Students

Event Information

Time Limit Rules WILL be in Effect

- The shot put and discus will be pooled and may be used by all contestants. Three throws with no finals.
- Long Jump, Triple Jump, High Jump, and Pole Vault will be cafeteria style with three jumps. No finals.
- Pole vault starting height will be determined by the games committee, with the cross bar raised by 15mm.
- High jump starting height will be determined by the games committee, with the cross bar raised by 5mm.

Javelin & Pole Vault will Begin at 1:00pm

All Other Field Events Begin at 1:30pm

3200m Run Will Take Place During Field Events

<u>Round 1</u>	<u>Round 2</u>
Boys Javelin	Girls Javelin
Girls Triple Jump	Boys Triple Jump
Girls Shot Put	Boy Shot Put
Girls High Jump	Boys High Jump
Boys Long Jump	Girls Long Jump
Boys Discus	Girls Discus
Boys Pole Vault	Girls Pole Vault

Running Event Information

All races will be seeded according to times and are run as finals. The top 8 times will be placed in the last heat.

3200m Run will be completed during field events

All Other Running Events to Begin Approximately 2:30 pm

3200m Relay
100/110m High Hurdles-33/39"
(1 hole showing/3 holes showing)
100m Dash
800m Relay
1600m Run
400m Relay
400m Dash
300m Hurdles-30/36"
(all the way down/2 holes showing)
800m Run
200m Dash
1600m Relay