

2nd Annual Sue Woodbury Warrior Relays

2015

Date:

March 13th-14th

Location:

Weber High School

3650 N. 500 W Pleasant View, UT 84414

Time:

Friday March 13th at 3:00 p.m. for all field events

Boys and girls 1600 meter run and 4x800 will begin at 4:00 p.m. (see schedule)

Saturday March 14th at 9:00 a.m. for all remaining running events.

Teams:

Weber High School, Fremont High School, Clearfield High School, Box Elder High School, Sky View High School, Jordan High School

Meet Information and Entry Instructions

1. This is a state qualifying meet.
2. There will be a \$150 entry fee per school.
3. Entries must be submitted on Runnercard and are due March 12th by 12:00 pm (noon). The password to access the event is "weber".
4. This is a team relay event. Each team will only be allowed to enter 4 athletes per event. The times and distances from all four of the members of the team will be added up at the conclusion of the event to determine event placing. (You do not have to enter 4 athletes in each event) If you do not enter 4 athletes, you blank participation will receive the lowest/slowest time of the event.
5. We will score 8 places, with places being determined by the total times and distances achieved by the 4 team participants: 10-8-6-5-4-3-2-1
6. A Relay baton will be given to the overall top athlete in each event and medals given to the 1st place team members in each event. There will also be a 1st place overall team trophy for both the men's and women's.
7. Awards will be given on Friday night following the conclusion of the event. We will start passing out awards for the running events starting at 9:30 on Saturday. Please have your athletes listen for their names to be called to come to the podium.
8. Starting Heights

	Boys	Girls
a. High Jump	5'4	4'4
b. Pole Vault	8'6	6'0
9. In the shot put, discus, javelin, and long jump each contestant will be given 3 attempts with the top 9 advancing to finals for an additional 3 attempts. We will mark all throws and jumps.
10. All running events will be a timed final. Lane assignments will be determined by times submitted. Please submit each athletes time based, first on this year's performance, next indoor times (if available), lastly, last season's times if no other times are available. We want the fastest athletes in the preferred lanes and heat, so please provide the most accurate information possible.
11. Athletes must report to their event at first call. For running events, they must report to the bull pen located on the infield, by the event starting line.

12. Two heats will be contested in the 800m, 1600m and 3200m run. The top 14 athletes will run in the fast heat (second), and the remainder in the slower heat (first).
13. You may enter more than one 4x800 Relay, but only one team will score.
14. Athletes may warm up on the infield and the practice field. Please make your athletes aware that on Friday we will have two Javelin sectors. The girls will be throwing on the main football field and the boys on the practice field to the west of the stadium. Athletes are not allowed in the flagged areas.
15. Concession will be provided throughout both days.

Event schedule (we will run through the events as quickly as possible)

Friday March 13

- | | |
|------|---|
| 3:00 | Boys Discus/ Boys Javelin (west field)
Girls Shot/Girls Javelin (football infield)
Boys High Jump
Girl's Long jump
Girls Pole-vault |
| 4:00 | Girls Mile (Boys to follow) |
| 5:30 | Girls 4x800 (Boys to follow) |

Saturday March 14th

- | | |
|------|---|
| 8:30 | Coaches Meeting |
| 9:00 | Girls 100 M Hurdles
Boys 110 M Hurdles
Girls 100 M Dash
Boys 100 M Dash
Girls 3200 M (two heats)
Boys 3200 M Run (two heats)
Girls 4x100m Relay
Boys 4x100m Relay
Girls 400 M Run
Boys 400 M Run
Girls 300m Hurdles
Boys 300m Hurdles
Girls 800 M run
Boys 800 M run
Medley Relay
Medley Relay
Girls 200 M Dash
Boys 200 M Dash
Girls 4x400 M Relay
Boys 4x400 M Relay |