Box Elder Relay Invitational

State Qualifying Meet

**The 2018 Box Elder Relays are back and plan on being great. We have a new 8 lane Track and Field complex. New Discus and shot ring along with new long jump pit.**

**Date and Time:** Friday March 23rd, 2018 @ 3:00PM

 Coaches Meeting 2:30 PM at the purple building

 Running Events will start at 3:00 PM

 Field events will start at 3:00 PM

**Place:** Box Elder High School Track

 380 S. 600 E. Brigham City, Utah

 (Busses should drop kids off at the track on 800 west)

**Awards:** Medals for top finishing relay team only.

Trophy for the winning boys and girls team.

**Cost:** $75 per team

$150 for school

**Registration:** You will be allowed 6 entries per event and 1 for relays. Each individual is allowed to compete in 4 events. Registration will be done online on runnercard.com. Contact the following two individuals for the registration password.

Jeff Rawlins at (435)770-2399 or Jeffrey.rawlins@besd.net

Tom Davidson or tom.davidson@besd.net

**We are only allowing a total of 7 teams to come to the meet. If you want to come to the meet then you need to email me or text/call me using the information above.**

**HEAT AND FLIGHT ORDER:** In all events, the competitors will be arranged so those with the best marks in running events will go in the first heat. In the field events those with the best marks will go in the last flight, or at the end of the jumping order. If more than 24 are entered in the 1600 and 3200 then we will have two heats. The number of entries in the 800 will determine the number of heats.

**MEASURING:** The following guidelines will be followed for measuring.
Javelin/Discus -- lesser inch.
Long Jump/Shot Put -- lesser quarter inch

**SCORING:** We will score 8 places.

**Spectators:** Only participants and authorized officials will be permitted in the track and field areas. **NO EXCEPTIONS! PLEASE KEEP ALL PARENTS IN THE STANDS OR OUTSIDE THE FENCE!**

All field relays and individual running events will consist of 4 members and the best mark of each thrower/jumper will be added together to determine the winning relay team.

The 4x100, 4x200, medley, and 4x400 relay will be run as normal. The 4x200 will use a 4 turn stagger. The 4x400 will use a 3 turn stagger.

The Throwers 4x100 m relay will use a Twinkie as the baton with the winning team eating the Twinkie the fastest at the end of the race.

**Schedule of events:** Girls, then boys in all running events. All of the following events are scoring events.

**3:00 PM start time**

100 Hurdles
110 HH Hurdles
100M
4 x 200
1600m
4 x 100m
400m
300m Hurdles
800m
1600m Medley Relay
200m
3200m
4 x 400m
Throwers 4 x 100m relay.

**3:00 PM start time**
Javelin (Girls followed by Boys)
Long Jump (Boys followed by girls)
High Jump (Girls followed by Boys)
Shot Put (Girls followed by boys)
Discus (Boys followed by girls)

Pole Vault (We are still debating on whether we are going to have this or not. We will let you know.)