2017 Grizzly Relays

April 6,2017

2:00 PM SCRATCH MEETING

FIELD EVENTS

2:30 PM JAVELIN – GIRLS FOLLOWED BY BOYS

3:00 PM SHOT PUT – GIRLS FOLLOWED BY BOYS

POLE VAULT – GIRLS FOLLOWED BY BOYS

(BOYS JUMP IN AT DESIRED HEIGHTS)

 DISCUS – BOYS FOLLOWED BY GIRLS

 HIGH JUMP – BOYS FOLLOWED BY GIRLS

 LONG JUMP (OPEN PIT UNTIL 4:00)

 TRIPLE JUMP (OPEN PIT UNTIL 4:00)

RUNNING EVENTS

4:00 PM GIRLS/BOYS 1600 M. RUN

 GIRLS/BOYS 4X100 RELAY

 GIRLS/BOYS 100/110 HURDLES

 GIRLS/BOYS 100 M. DASH

 GIRLS/BOYS 800 M RUN

 GIRLS/BOYS 4X200 RELAY

 GIRLS/BOYS 400 M. DASH

 GIRLS/BOYS 300 HURDLES

 GIRLS/BOYS MEDLEY RELAY

 GIRLS/BOYS 200 N. DASH

 GIRLS/BOYS 3200 M. RUN

 GIRLS/BOYS 4X400 RELAY

Note From Meet Director:

All entries will be done through www.runnercard.com if you have trouble with website just give me a call and I will help you.

Entries are due at 8:00 p.m. Wednesday, April 5th. Please enter times and distances in order for heating to be accurate. No entries will be accepted once the website has closed without approval of Trampus Pierson, Athletic Director. Coaches scratch meeting will be held at 2:00 p.m. at the football field weight room. First event (javelin) will begin at 2:30 p.m. Finals packets with results, ribbons will be available after the 4x400 relay is completed. Thanks to all of you for joining us for the 2017 Carrizozo Grizzly Relays.

2016 Grizzly Relays

• Scoring will be 7-5-4-3-2-1 for individual events and 10-8-6-4-2-1 for relays.

• Medals will be awarded for 1st, 2nd, 3rd place, and ribbons will be awarded for 4th, 5th, and 6th place.

• High Point awards will be given for the high point male and female athletes.

• Long jump, Triple jump, Shot Put, Discus and Javelin will all get three throws or jumps and top seven advance to finals for three more attempts. All athletes will be given 60 minutes from the start of the event to complete their preliminary attempts and then will be scratched if not completed.

• All running events are finals.

• Only one relay per team.

• Starting blocks will be provided. You may bring and use your own.

• Tape and tennis balls permitted.

• Only coaches and contestants that are warming up are allowed to be on the infield. Absolutely no parents permitted.

• Javelin will be thrown on the football field.

• All rules that govern Track and Field through the National Federation and NMAA will apply.

• All events will be seeded slowest to fastest with fastest being the last heat.

• Five entries will be allowed for each event, but will only score top three.

• We will have scratch lines at 20 ft for girls and 30ft for boys in the shot, 60ft for girls and 90ft for boys in discus, 60ft girls and 90 ft boys in the javelin. Will mark all first throws.