**Therman Jordan Relays**

Hosted By:

**Deming High School Track**



**Memorial Stadium**

**Deming, NM 88030**

**Saturday–April 13, 2019**

**Rules:** NMAA and National Federation rules will apply.

**Scoring:** Individual Events 7-5-4-3-2-1 & Relays 10-8-6-4-2-1. All entered athletes are eligible to score in individual events.

**Awards:** Will be given for 1st, 2nd, and 3rd.

**Running Event Order:** Girls/Boys

**Uniform:** Please ensure that athletes are in compliance with uniform rules.

**Spikes:** Short PYRAMID spikes that are 1/4” or less are required. Spike check will be performed at jumping and running event as part of the check-in procedure.

**Go Marks**: Use tennis balls, rubber throw downs or tape to mark track or runways. NO Duck Tape

**Blocks:** Will be provided, but teams may opt to use their own.

**Invited Teams:** Las Cruces High, Mayfield, Onate, Centennial, Silver City, Alamo, Santa Teresa, Chaparral, Cobre, Gadsden, Hatch Valley and Deming

**Entries.** RunnerCard will be used for meet entries. Entry deadline is Friday, April 12, 2019 @ 700 P.M. Each team may enter 3 athletes per Varsity and 3 in JV events. Athletes may be entered in five events. Each team may enter one JV and Varsity team for each relay.

**Event Limits for Athletes**. No more than 5 events can be running events and no more than 5 events can be field events. No more than four of the five running events may be 400 meters or longer.

**Coaches’ Meeting.** Coaches meeting will begin at 8:00 AM in the field house located at the South end of the stadium. Heat sheets will be distributed and scratches for all events will be made at the meeting. Teams will not be allowed to add or replace an athlete the day of the meet.

**Weigh-ins:** Throwing event implement weigh-ins will be held at 8:00 AM in front of the field house located on the South side of the stadium. **All implements** **must** be marked before they can be thrown in competition. **Any implements not making weigh-ins will be confiscated** and stored in the field house. Confiscated implements may be picked up after the completion of the event.

**Lane Assignments/Heats.** Curved races: 3, 4, 5, 6, 7, 2, 1 Straight races: 4, 5, 3, 6, 2, 7, 1

The last heat will be the fastest heat.

**Field Events:** Jumps & Throws "No Finals" for JV-4 Throws/Horizontal Jumps

Varsity 3 Prelim throws/jumps and top 7 will make finals

**Starting Heights:** Pole Vault starting height: Boys – 9’0 Girls – 7’0-- JV Boys 8’0, JV Girls 6’0

High Jump starting height: Boys – 5’2” Girls – 4’2”-- JV Boys 5’0, Girls 4’0

**Throwing Events.** The shot put and discus rings are in proximity to the track. Javelin will be thrown on practice field north of football field. ***PLEASE KEEP ALL ATHLETES OUT OF FLAGGED AREAS****.*

Javelin – V Boys 100’/V Girls 70’ Shot and Discus – Will not have scratch lines.

JV Boys 80’/ JV Girls 60 Javelin-- Four throws for JV, no finals, Varsity 3 Prelim

Top Seven will make finals

**Track Infield Access.** Only coaches, event workers, and athletes competing or warming-up are allowed in the track infield area.Please enter the track infield through the south and north end of the track.  ***PLEASE DO NOT ALLOW YOUR ATHLETES TO JUMP THE FENCE IN FRONT OF THE STANDS***. All parents and spectators **MUST** remain in the stands. Violators will be escorted off the competition field and possible disqualifications may result.

Shade Tents are to be set up in Stadium. Please keep music to minimum, no derogatory music. Please pick up all trash prior to leaving.

**There will a Hospitality Room set up for Coaches, Workers and Bus Drivers on SW corner of Field.**

**Coaches if you can help set up hurdles it would be much appreciated.**

**Check-in:** Running events – at the starting line.

Field Events - at the site of competition

**State Qualifiers:** Results will be posted at the field house or press box. Please verify that all your state qualifying athletes have been identified.

**Concession Stand:** Concessions will be available.

**Thank you for coming and good luck to all your athletes.**

**For any questions or concerns please contact either:**

  Coach Trini Garcia (575)494-7249 or by email @ trini.garcia@demingps.org

Coach Kirk Zimmermann by email @ [kirk.zimmermann@demingps.org](mailto:kirk.zimmermann@demingps.org)

Kim Molina/Activities Office @ (575) 546-8126 ext. 2611

Bernie Chavez/Activities Director @ (575) 546 8126 ext. 2612

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**NOTE: Times are only estimates. If we fall behind, then it becomes a rolling schedule.**

**JV athletes will be first in all listed events.**

***Running Events - All timed finals***

**Meet time Gender Event**

11:00 AM Girls 3200 Meter Run

Boys 3200 Meter Run

Girls 100 Int Hurdles

Boys 100 High Hurdles

Girls 400 M Relay

Boys 400 M Relay

Girls 100 Meter Dash

Boys 100 Meter Dash

Girls 800 M Run

Boys 800 M Run

Girls 800 M Relay

Boys 800 M Relay

Girls 300 Low Hurdles

Boys 300 Int. Hurdles

**Break: Approximate 30 Min (Pending)**

Girls 400 Meter Dash

Boys 400 Meter Dash

Girls 1600 M Run

Boys 1600 M Run

Girls 1600 Medley Relay

Boys 1600 Medley Relay

**Weight Man’s 400 M Relay**

Girls 200 M Dash

Boys 200 M Dash

Girls 1600 M Relay

Boys 1600 M Relay

Awards Presentation

***Field Events JUMPS – finals***

**Meet Time Gender Event**

9 AM Girls Long Jump (north pit)

Boys Pole Vault

Girls High Jump

Girls Javelin

10:30 AM Boys Triple Jump (north pit)

10:30 AM Girls Pole Vault

10:30 AM Boys High Jump

10:30 AM Boys Javelin

12:00 PM Girls Triple jump (north pit)

01:30 PM Boys Long Jump

Field Events THROWS – FINALS

09:00 AM Girls Disc

Boys Shot Put

11:00 AM Girls Shot

Boys Disc