White Sands Jr. Relays

April 4, 2019

1. In all running events, enter your fastest runner in Slot No. 1, etc. Indicate his/her times for better heat placement.
2. Print or type student name – FIRST NAME FIRST. (Example: Williams, Mary) **Please add a roster list of your kids along with entries.**
3. Entry sheet due **Saturday, March 9, 201 by 12:00pm**. Please enter entries through ***www.runnercard.com***
4. Meet to be held at Alamogordo High School April 4, 2019.
5. **Scratch Meet: 3:00pm** – High School Concession Stand.
6. Running events have precedence over field events, but we ask that field event participants check in with the judge when a running event conflicts with the field event. \*\*\*PLEASE REPORT BACK TO FIELD EVENT AS SOON AS POSSIBLE.\*\*\*
7. **Athletes may enter four (4) events, but no more that three (3) may be running or field events.**
8. You may enter 3 athletes per event.
9. All long jump and triple jump participants will be allowed four (4) jumps.
10. All high jump participants will be allowed three (3) jumps at each height attempt.
11. All shot and discus participants will be allowed four (4) throws.

STARTING HEIGHTS ARE AS FOLLOWS:

 High Jump – Girls High Jump – Boys

 3’10” 2” thereafter 4’4” 2”thereafter

1. Scoring: Individual – 7-5-4-3-2-1

 Relays – 10-8-6-4-2-1

1. No spikes longer than ¼” will be permitted. Athletes will be disqualified from further participation in the meet for wearing longer spikes or abusing the track or runways in any way. ***Takeoff marks for relays should be marked with tennis balls and not scratched into the track.***
2. To avoid congestion on the infield, the following rules have been established:
	1. Participant will enter the infield **only** after the first call for his/her event.
	2. Coaches will be allowed on the field.
	3. Each team will be allowed only two (2) managers on the field.
	4. Athletes should remain in the stands unless they are preparing for an event. **NO CAMPS ON THE FIELD.**
3. **No** radios or tape decks will be played in the stands during the meet.
4. **No** athlete will be permitted in the bleachers with spikes on.

Please send entries to: ***www.runnercard.com*** **Deadline --- Mar. 30, 2019**

Dale Lindley – dale.lindley@aps4kids.org if you have any questions

White Sands Jr. Relays

**Track Meet Schedule**

**April 4, 2019**

**Scratch Meet:** 3:00

**Running Events:** 1st Call 3:30

 3:45 1600 Meter Run (Girls & Boys)

 400 Meter Relay (Girls & Boys)

 100 Meter Hurdles (Girls)

 110 Meter Hurdles (Boys)

 100 Meter Dash (Girls & Boys)

 800 Meter Run (Girls & Boys)

 800 Meter Relay (Girls & Boys)

 400 Meter Dash (Girls & Boys)

 300 Meter Hurdles (Girls & Boys)

 1600 Meter Medley Relay (Girls & Boys)

 200 Meter Dash (Girls & Boys)

 1600 Meter Relay (Girls & Boys)

 400m Weight Men/Women Relay (NO POINTS)

**Field Events:**

 High Jump: 3:30 (Girls)

 4:30 (Boys) or immediately following Girls High Jump

 Shot Put: 3:30 (Boys)

 4:30 (Girls) or immediately following Boys Shot Put and Girls Discus

 Discus: 3:30 (Girls)

 4:30 (Boys) or immediately following Girls Discus and Boys Shot Put

 Long Jump: 3:30 (Boys)

 4:30 (Girls) or immediately following Girls Triple Jump

 Triple Jump: 3:30 (Girls)

 4:30 (Boys) or immediately following Boys Long Jump