

WARRIOR RELAYS

Cheektowaga High School
Saturday, April 12, 2014, 10am start

MEET GOAL:

Goal is to open the season with an early and healthy competition and to get times and abilities on your athletes as we head into the season. There will be team scoring and there will be a girls and a boys team champion. There will also be ribbons for 1st thru 6th places. Uniform rules will be in effect but, also subject to change depending on the weather.

WHEN:

- ▲ DATE: APRIL 12th 2014, 10am. Coaches meeting will be held @ 9:30(ish) am
- ▲ Please return your intent to participate to kmccracken@pcb.com or rbridenbaker@clevehill.org **NO LATER than April 1st**. If you do **NOT** return your intent - you **WILL NOT** be competing.
- ▲ At the time of intent sent in you will be emailed a template and directions for the meet entries. **Entries will be due NO later than April 8th 2014.** – You may be able to make adjustments on the day of the meet.
- ▲ An Excel template is to be used for entering your student-athletes. This template can be downloaded by copying the following URL to you browser and saving it to your computer. Complete the template and email it back to kmccracken@pcb.com. The URL is:

<http://www.section6runs.com/files/2013-2014/outdoor14/docs/WarriorInviteEntryForm14.xlsx>

ENTRY FEES:

\$150 for boys and girls team combined or \$100 individual team [boys **or** girls]. Checks can be made payable to:

CHEEKTOWAGA CENTRAL TRACK BOOSTER CLUB

MEET REGULATIONS:

1. Each athletes may be entered in up to 4 events
2. **ONLY 2 ATHLETES** entered in each field event.
3. Ribbons will be for 1st place thru 6th place.
4. Jury of appeals will be determined @ the coaches meeting.
5. All heats of the events will be run slowest to fastest. Timed finals.
6. Starting Heights
 - a. **POLE VAULT:** Girls will be 6' 0" going up in 6" intervals up to 10' – after that it will go up by 3" intervals. Boys starting height will be 8' 0" going up 6" intervals up to 12' – after that it will go up by 3" intervals. Combined total heights for both athletes will determine top 6 places.
 - b. **HIGH JUMP:** Girls will start at 3' 8" going up 2" intervals to 5' 0" – after that it will go up in 1" intervals. Boys will start at 4' 6" going up 2" intervals to 5' 10" – after that it will go up in 1" intervals. Combined heights for both athletes will determine top 6 places
 - c. **LONG / TRIPLE JUMPS:** 1 hour open pit for all jumps. 3 jumps per athlete. It will be GIRLS - LJ followed by BOYS - LJ and BOYS - TJ followed by GIRLS - TJ.

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Combined total of the best jump for both athletes will determine the top 6 places.

- d. **SHOT / DISC:** 3 throws per athlete – combined top throw for both athletes will determine the top 6 places. It will be Girls shot followed by boys. Boys discus followed by girls.
- e. **CONCESSIONS WILL BE AVAILABLE THROUGHOUT THE DAY**

ORDER OF EVENTS:

- ▲ 4 x 800 Relay
- ▲ 100 / 110 Hurdle Relay
- ▲ DMR – [1200, 800, 400, 1600]
- ▲ 4 x 200 Relay
- ▲ FRESHMAN SMR – [400, 200, 200, 800] – must be 9th grade or under
- ▲ 4 x 400 Relay
- ▲ SMR – 400, 200, 200, 800]
- ▲ 4 x 100 Relay

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Field Events

- ▲ Long Jump [Girls followed by Boys]
- ▲ Triple Jump [Boys followed by Girls]
- ▲ High Jump [Girls followed by Boys]
- ▲ Pole Vault [Girls followed by Boys]
- ▲ Shot Put [Girls followed by Boys]
- ▲ Discus [Boys followed by Girls]