

Middle School Relay Carnival

Edmond North High School

Thursday, April 9, 2015

On behalf of the Edmond Public Schools, we would like to extend an invitation to participate in the 2015 Middle School Relay Carnival. This meet is for 7th and 8th grade athletes only. Space is limited. Please email the meet director to confirm your team's spot.

Contacts: Meet Director: Stephen Evans, Edmond North, stephen.evans@edmondschools.net, (662) 347-4336

Start Times: 3:15 Coaches Meeting
3:30 Field Events Begin (see following page for Order of Events)
3:45 Track Events Begin (see following page for Order of Events)

Entries: Each team is limited to one (1) relay team per event. B and C Teams may be entered.

To secure entry for your team, you need to confirm via phone or email. The Meet Director must know how many teams your plan on bringing (Boys, Girls, A, B, etc). Entry Deadline is Tuesday, April 7 at 5:00PM.

Relay Confirmation forms will need to be submitted on the day of the meet before the final event.

Event Limits: Individuals may not compete on more than one team (i.e. run on an A team relay for one event and a B team relay for another event). Each participant is limited to four events. If an athlete runs more than four events, every relay team that he or she participated on will be disqualified. It is the responsibility of the coach to ensure that the event limit rule is followed.

Scoring: Scoring will be 10-8-6-4-2-1 (but may change depending on the number of teams). There will be no double points, as all events are relays.

Seeding: Lane assignments will be assigned prior to the meet., but relay teams must check in to receive their lane assignment and instructions for the race.

Timing: We will use an Enduro Automatic Timing System for all track events.

Field Events: Field events will also be in a relay format. Each "field relay" team will consist of TWO (2) participants. They will compete individually, but their best attempts will be added together to make a team score. To enter more than one "field relay" (two individuals), they must be entered as a B or C Team.

Divisions: Four (4) Divisions: 7th grade girls, 8th grade girls, 7th grade boys, 8th grade boys

Awards: Medals will be awarded to the winning relay in each event. Ribbons will be given to 2nd-6th place relays. A trophy will be awarded to the top team in each division.

Other Info: Concessions and restrooms will be available. Dressing rooms will not be available.

Entry Fee: \$50 per team (\$200 for 7th and 8th Boys and Girls). B and C Teams will be \$25 each.

Mail payment to: Edmond Public Schools
Attn: Karen Young
1001 West Danforth
Edmond, OK 73003
(405) 340-2800

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Order of Events

Field Events

Times are approximate and subject to change. Please listen for 1st, 2nd, and 3rd calls. Please familiarize yourself with the procedure for field events at this meet (on front page). Participants will receive four attempts in the Shot Put, Discus, and Long Jump.

Thursday, April 9

- 3:30** **Girls Shot Put**
Girls Long Jump
Girls Pole Vault
Boys Discus Throw
Boys High Jump
- 5:00** **Girls Discus Throw**
Girls High Jump
Boys Pole Vault
Boys Shot Put
Boys Long Jump

Running Events

We will be on a rolling schedule. Listen for 1st, 2nd, and 3rd calls. Relays must check in by the 3rd call in order to receive their lane assignment.

Thursday, April 9

- 3:45** **Shuttle Hurdle Relay**
4x100m Relay
4x800m Relay
Short Sprint Medley Relay (100, 100, 200, 400)
Distance Medley Relay (1200, 400, 800, 1600)
4x200m Relay
Sprint Medley Relay (200, 200, 400, 800)
4x1000 Relay
4x400m Relay