



*On behalf of Edmond Public Schools, we would like to extend an invitation to participate in this year's Oklahoma Relay Festival, hosted by Edmond North High School. Space is limited. Please email the meet director to confirm your team's spot.*

#### Attention Coaches

Please follow the following steps to enter the meet:

1. Contact the meet director to confirm your teams' spot in the meet ([stephen.evans@edmondschools.net](mailto:stephen.evans@edmondschools.net) or [cara.bowerman@edmondschools.net](mailto:cara.bowerman@edmondschools.net))
2. Enter all athletes on roster using [enduroussa.com](http://enduroussa.com).
3. Submit seed times/marks of athletes in Showcase Events by email to [stephen.evans@edmondschools.net](mailto:stephen.evans@edmondschools.net). Seed marks can be from the current season or any previous season, but please make all efforts to be accurate. The **Showcase Events** will include:
  - 100m Dash: Top 8 seeds
  - 1500m Run: Top 16 seeds (submit 1600m times)
  - Elimination 3200m Run: Top 10 seeds
  - 300m Hurdles: Top 16 seeds
  - Pole Vault: Top 16 seeds
4. Entries for Relay, Open, and Exhibition Events can be submitted at check-in.
5. Entry Deadline for both seed submissions for the Showcase Events and roster entries on [enduroussa.com](http://enduroussa.com) is **Tuesday, March 26 at 5:00pm**. The Entry list for the Showcase Division will be released that night via email.

**Meet Directors:** Stephen Evans, [stephen.evans@edmondschools.net](mailto:stephen.evans@edmondschools.net)  
Cara Bowerman, [cara.bowerman@edmondschools.net](mailto:cara.bowerman@edmondschools.net)

**Start Time:** 3:30 Coaches Meeting. 3:45 Start. See page 2 for Order of Events.

**Entries:** Meet is designed to include more than just "A Team" athletes without paying to bring another "team". Please see Order of Events for Entry Restrictions. Important: follow the steps outlined above.

**Rules:** We will follow all OSSAA and National Federation rules. Each participant is limited to four events.

**Scoring:** 10-8-6-5-4-3-2-1. Relays will *not* score double. Open and Exhibition Events will not be scored.

**Divisions:** Boys and Girls

**Awards:** Medals will be awarded to the top three finishers in each division in all events (including open/exhibition). A plaque will be awarded to the winning team of each division.

**Food:** Coaches will have access to a hospitality room. Concessions will be open for athletes and spectators.

**Entry Fee:** \$100 entry fee per gender (\$200 for both genders).

Mail payment to:

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

## ORDER OF EVENTS

### TRACK EVENTS

*Start Times are approximate. All events are timed finals using FAT system. Listen for calls—Showcase Events are pre-seeded, but all others must check in by 3<sup>rd</sup> call.*

	Event	Entries Allowed	Info
3:30pm	4x100m Relay	"B" Team allowed	
3:45pm	1500m Showcase	Top 16 entries only	Showcase Event— <i>submit seed marks via email</i> (seeded by 1600m times). Waterfall start on the backstretch.
4:00pm	4x100m/110m Shuttle Hurdle Relay	No B Teams	Each team occupy two adjacent lanes on the track, with the #1 and #3 runners on the team running in one direction and the #2 and #4 runners running in the opposite direction. No baton is used. When #1 runner crosses the go line at the other end of the track (about 1m in front of finish line), the #2 runner can start, running in the opposite direction, and so on. All legs can use blocks.
4:20pm	100m Dash Showcase	Top 8 entries only	Showcase Event— <i>submit seed marks via email</i> .
4:25pm	Mixed Gender 4x400m Relay	No B Teams	2 Females and 2 Males from the same school, any order. Exhibition event; unscored.
4:35pm	4x800m Relay	"B" Team allowed	
5:20pm	4x200m Relay	No B Teams	Standard 4 turn stagger.
5:40pm	Elimination 3200m	Top 10 entries only	At each lap, the last place finisher is removed from the race until there are three runners left for the final lap. Top 8 runners will score.
6:10pm	Super Sprint Medley Relay (1-1-2-4)	No B Teams	Two turn stagger, with 3 <sup>rd</sup> leg able to break after taking the handoff.
6:20pm	1600m Open	Unlimited	Open event; unscored. Up to 24 per heat, double waterfall start.
6:40pm	300m Hurdle Showcase	Top 16 entries only	Showcase Event— <i>submit seed marks via email</i> .
7:00pm	Sprint Medley Relay (2-2-4-8)	No B Teams	Two turn stagger, with 3 <sup>rd</sup> leg able to break after taking the handoff.
7:15pm	Distance Medley Relay (12-4-8-16)	No B Teams	Waterfall Start.
7:50pm	Throwers 4x100m Relay		All participants must also have participated in a throwing event. Unscored.
7:55pm	4x400m Relay	"B" Team allowed	Three turn stagger, with 2 <sup>nd</sup> leg breaking after first turn.

### FIELD EVENTS

*Start Times are approximate. Participants will receive 3 attempts in the SP, DT, LJ, and TJ (Nine to Finals with 3 more attempts). Listen for calls—Showcase Events are pre-seeded, but all others must check in by 3<sup>rd</sup> call.*

	Field Events	Entries Allowed	Info
3:30pm	Throws "Relay" (2 SP, 2 DT)	"B" Team allowed	2 SP + 2 DT (best mark from each athlete added together) Boys SP first, Girls DT first *Thrower may not compete in both SP and DT on same relay. Thrower may do SP on one relay and DT on another.
3:30pm	Jumps "Relay" (2 LJ, 2 HJ)	"B" Team allowed	2 LJ + 2 HJ (best mark from each athlete added together) Boys LJ first, Girls HJ first *Jumper may not compete in both LJ and HJ on same relay. Jumper may do LJ on one relay and HJ on another.
3:45pm	Pole Vault Showcase	Top 16 entries only	Showcase Event— <i>submit seed marks via email</i> . Girls PV first. Girls Height Progression: 6', 7', 8', 8'6", 9', 9'3", 9'6", 9'9", 10'... Boys Height Progression: 8', 9'6", 11', 12', 12'6", 13', 13'3", 13'6"...
3:45pm	Triple Jump Exhibition	Maximum 2 entries per team	Exhibition event, unscored. Girls TJ First