



# **Langston University Relays**

**Date: April 6<sup>th</sup>, 2019**

**Location: Langston University, W.E. Anderson  
Stadium**

## Entry Fees & Procedures

- Entry fee \$90.00 per high school team and \$100.00 per collegiate team
- All unattached athletes \$20.00
- Men's and Women's Teams are considered separate.
- ALL Collegiate athletes, including any potential alternate(S) must be entered in [www.directathletics.com](http://www.directathletics.com) by Wednesday, April 3<sup>rd</sup>, 2019 at 5pm CST.
- ALL High School (Varsity Only ) athletes, including any potential alternate(S) must be entered through [www.endurousa.com](http://www.endurousa.com) by Wednesday, April 3<sup>rd</sup>, 2019 at 5pm CST.
- **PLEASE PAY BY SCHOOL ISSUED CHECK, PERSONAL CHECK, MONEY ORDER or CASH (on site).**

Please make all checks payable to "The Langston University Foundation." Memo: Track and Field

Regular Mail: Langston University Athletics (Attention: Track and Field), P.O. Box 175. Langston, OK 73050

We strongly recommend that you pay your entry fee in advance. We realize that this is not possible for some schools, so those wishing to pay when they pick-up their team packets, please make sure you have the correct amount on your checks, no refunds will be issued during packet pickup.

## **Ticket Prices**

- Saturday, April 6th: \$7 general admission, \$5 for students with valid student ID, children 6 and under free

For additional ticket information, call the Langston University Department of Athletics at (405) 466-3262 or visit [www.TicketStorm.com](http://www.TicketStorm.com)

## **Awards**

- University/College Division: 1st place - Relays Champion T-shirt and Relays medal/plaque
- High School Division- 1st place - Relays Champion T-shirt and Relays medal/plaque

**Scoring:** The following Team scoring system will be used:

- Individual Events: 10-8-6-5-4-3-2-1
- Relay Events: 20-16-12-10-8-6-4-2

## **Timing:**

- Enduro Timing systems will be used.

## **Field Events:**

- Horizontal Jumps (Long Jump) and Triple Jumps
- Athletes will receive 3 Jumps and the top 8 will advance to the finals. Jumpers in the finals will receive 3 attempts.
- High Jump will compete using 3-Active format.

**Event Check-In:** Athletes will check in at the heating benches when their event is called. Field event check-in will be done at the event area.

## **Competition Warm-up**

- The track will be open for team warm up prior to the start of the meet.
- No warming up will be allowed in the competition area during the meet.
- No warming up on the infield or backside of the track.
- General warm-up during competition can be done on the practice field or tennis courts both located on the westside of the stadium.
- Field events warm-ups will be held at the event site.

## **LU Relays Staff Contact Information**

**Head Coach – James Hilliard Jr.**

(405) 466-3243 [jwhilliard@langston.edu](mailto:jwhilliard@langston.edu)

**Assistant Coach – Julius Koger**

(405) 240-8394 [julius.koger@langston.edu](mailto:julius.koger@langston.edu)

**Administrative Specialists/ Event Coordinator- Lauren Corbitt**

(405) 466-3262 [lacorbitt@langston.edu](mailto:lacorbitt@langston.edu)

**Director of Athletics- Donnita Rogers**

(405) 466-3481 [ddrogers@langston.edu](mailto:ddrogers@langston.edu)

# Langston Relays

## Order of events

1. 4x800 M Relay
2. 4x100
3. 100 M Hurdles
4. 110 M Hurdles
5. 100 M Open
6. 1600 M(high School)  
1500 (collage)Run
7. 4x200 M Relay
8. 800 M Dash
9. 400 M Open
10. 400 M H
11. 200 M Dash
1. 3000 M
12. 4x400 M Relay

## Filed Events

13. **Long Jump (Women / Men)** to follow men's long jump **Triple Jump (Women / Men)**
14. High jump (Men / Women)