



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 16 seeds
  - 3000m Run: Top 16 seeds (submit 3200m times)
  - 300m Hurdles: Top 16 seeds
4. Entries for Relay, and Exhibition Events are 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 **Wednesday, March 25 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:** 4:00 Coaches Meeting. 4:15 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. 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

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
4:15pm	Mixed Gender 4x200m Relay	No B Teams	2 Females and 2 Males from the same school, any order. Exhibition event; unscored.
	4x100m Relay	"B" Team allowed	
	4x800m Relay	"B" Team allowed	
	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.
	100m Dash Showcase	Top 16 entries only	Showcase Event— <i>submit seed marks via email.</i>
	3000m Girls Showcase	Top 16 entries only	Showcase Event— <i>submit seed marks via email</i> (seeded by 3200m times). Box start, one turn stagger.
	4x200m Relay	"B" Team allowed	Standard 4 turn stagger.
	3000m Boys Showcase	Top 16 entries only	Showcase Event— <i>submit seed marks via email</i> (seeded by 3200m times). Waterfall start on the backstretch.
	300m Hurdle Showcase	Top 16 entries only	Showcase Event— <i>submit seed marks via email.</i>
	Sprint Medley Relay (2-2-4-8)	"B" Team allowed	Three turn stagger, with 3 <sup>rd</sup> leg able to break after the curve.
	Distance Medley Relay (12-4-8-16)	"B" Team allowed	Waterfall Start.
	Throwers 4x100m Relay		All participants must also have participated in a throwing event. Unscored.
	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—all participants must check in by 3<sup>rd</sup> call.

	Field Events	Entries Allowed	Info
4:15pm	Team Shot Put (2 SP per entry)	"B" Team allowed	2 SP (best mark from each athlete added together) Girls SP first, followed by Boys
4:15pm	Team Discus (2 DT per entry)	"B" Team allowed	2 DT (best mark from each athlete added together) Boys DT first, followed by Boys
4:15pm	Team High Jump (2 HJ per entry)	"B" Team allowed	2 HJ (best mark from each athlete added together) Girls HJ first, followed by Boys
4:15pm	Team Long Jump (2 LJ per entry)	"B" Team allowed	2 LJ (best mark from each athlete added together) Boys LJ first, followed by Girls
4:30pm	Team Pole Vault (2 PV per entry)	"B" Team allowed	2 PV (best mark from each athlete added together) Girls PV first, followed by Boys 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"...
4:30pm	Triple Jump Exhibition	Maximum 2 entries per team	Exhibition event, unscored. Girls TJ First, followed by Boys
	Combined Team Field Event		1 SP+1 DT+1 HJ+1 LJ+1 PV (best mark from each event added together) *each team is automatically entered into this event and does not count toward individual event limits.