

Nathan Hale Relays

At Will Rogers HS | 3909 E. 5 Pl. Tulsa, Oklahoma 74112



Saturday March 8th, 2025

Coaches Meeting – 8:30 AM; Field Events Start 9AM; Races Start 10AM

Nathan Hale High School is pleased to invite you to be with us on Saturday, **March 8th, 2025** for the **2025 Nathan Hale Track and Field Relays**. The Nathan Hale Relays strives to be the most innovative meet in Eastern Oklahoma, incorporating both track and field relays and also may be the only meet to involve the coaches as participants (i.e. coaches 4x100m).

Please note...NO RAIN DATE We will compete rain or shine!

GENERAL INFORMATION

1. There will be two divisions: girls and boys
2. Heats will be pre-seeded.
3. ****Update:** Up to 2 teams per school will be permitted to enter per event, however only 'A' teams will be permitted to medal and score.
4. An athlete may compete in up to four relays total (both track AND field events)
5. Each team is encouraged to provide their own baton or throwing implement. Batons and implements will be subject to review and/or weigh in.
6. Starting blocks may not be provided, but schools may bring their own.

Awards:

- Points will be awarded 10-8-6-4-2-1.
- Trophy will be awarded to the first-place overall girls and boys teams. A plaque will be awarded to runner-up teams.
- Gold watches will be awarded for all first-place finishes in all events. *Medals will be awarded 2nd thru 6th Place.*
- Only one Gold Watch per athlete in the Meet. A second first place will be awarded a gold medal. Athletes receiving watches must sign for their watches. They may also be photographed with the entire Relay Team.

Hale Relays Order of Events

TENTATIVE: ALL RUNNING EVENTS WILL BE IN THE FOLLOWING ORDER: WOMENS THEN MENS

ALL RUNNING EVENTS ARE FINAL ON TIME.

RUNNING EVENTS:

EVENT 1	4x1600m Relay +++
EVENT 2	3x300m IH Relay
EVENT 3	Super Sprint Medley Relay (100-100-200-400)
EVENT 4	Distance Medley Relay (800-400-1200-1600) +++
EVENT 5	Shuttle Hurdle Relay
EVENT 6	4x200m RELAY
EVENT 7	4x800m RELAY +++
EVENT 8	4x100m Relay
EVENT 9	Coach's 4x100m Relay
EVENT 10	4x400m Relay

+++ may be waterfall start

FIELD EVENTS:

- EVENTS 11 Shot Put Relay (women first)
- EVENTS 12 Discus Relay (men first)
- EVENTS 13 Long Jump Relay (men first)
- EVENTS 14 High Jump Relay (women first)
- EVENTS 15 Pole Vault Relay (women first)

ALL FIELD RELAYS BEGIN AT 9:00am

1. The field events will be conducted as relays. Each school may enter three competitors in each event. Their combined efforts will decide their places in the competition. In the event of a tie, the second-best team effort will decide the outcome. If a tie still exists, the best individual effort for each team will determine final placement.
2. High Jump and Pole Vault opening heights will be determined on meet-day during the coaches meeting. Each competitor will be allowed to make a total of six attempts (maximum of three per height). If one relay team member fails to make opening height, the other team member is considered entered, and out of the competition.
3. In the shot, discus, and long jump relays, each competitor will have three attempts. There will be no finals.

ALL RUNNING RELAYS BEGIN AT 10:00AM

1. All running relays will be conducted as Finals on time.

2. Please be honest with your seed times. Fictitious times can lessen the quality of the competition and cause you and your team embarrassment. All track relays will be run according to seed times entered via Enduro. Any team violating this request risks not being invited back next year – and FOMO is real!

Fees

Total Team Fee to cover **all Men's events** (including Field Events) is **\$150.00**

Total Team Fee to cover **all Women's events** (including field Events) is **\$150.00**.

Total Team Fee to cover both Men's and Women's events (including field events) is **\$250**

Or \$40.00 per Relay - Maximum any 6 relays

NO ENTRY FEE REQUIRED FOR COACHES 4x100m relay Coaches can complete relay card and waiver form at coach's meeting before start of the meet. Coaches will be eligible to win a gold watch!

***10% discount for teams that volunteer/provide an official (exchange zone, etc..)** (complete Opt-In form during registration)

Entry Instructions

Teams must be entered on Athletic.net and individuals and alternates for relays must be entered into each event in which they will participate. **Entries are due by Wednesday March 5th at 6pm**

-Make checks payable to the **Nathan Hale Track & Cross Country Booster Club**

- All teams must be paid prior to running. An official school voucher will be accepted

-Deadline for Athletic.net Entry is Wednesday March 5th at 6pm.

- An email will be sent out after the meet entries close with all accepted athletes and seeds for the relays.

- *Please direct all questions to Shona Potrzuski-Thorne- Email potrzsh@tulsaschools.org Phone 267-438-9008*

Other Information

1. Additional information about the facilities, parking, aid stations, and etc will be available the week of the meet.
2. Coaches and competitors are to stay off the infield unless receiving medals or aid.
3. Requests to switch teams from one heat to another may not be granted.
4. Any protests or questions will be directed to the Meet Referee and not to any other official.
5. The track and all jumping surfaces are all weather surfaces. 1/4" needle spikes, none longer, will be permitted.
6. Refreshment stands will be open for light snacks. Lunch will be provided to coaches.
7. The meet will be held regardless of weather. Teams may bring tents and an area will be designated for tent set-up.
8. Please send a representative to the awards table immediately after the winners are announced. Medals left unclaimed, in a timely fashion, will be forfeited.

WE AT NATHAN HALE HS AND ALL THOSE ASSOCIATED WITH THE 2025 NATHAN HALE RELAYS WISH YOU AND YOUR TEAM THE BEST OF LUCK

Nathan Hale Relays Online Entry Instructions (#574347)

Athlete Registration will be available starting 1/1/2025 and be locked on 3/5/2025 at 6:00 PM (local time)

<https://www.athletic.net/TrackAndField/meet/574347/info>

This meet is using free online registration at Athletic.net!

Athletic.net is a resource for Track & Field and Cross Country coaches, offering free **statistic tracking**, easy **meet registrations**, free **meet managers**, and free tools to simplify common coaching tasks.

Follow the 4 steps below to get started:

1. [Sign up for a free coach account](#) (if you do not have one)

- Go to: www.athletic.net
- Click on '[Log In](#)' in the upper right-hand corner, and then click '**Sign Up**' on the bottom of that screen.
- Complete the signup wizard
- After receiving the confirmation email, go on to #2

2. Add meets to your season calendar

- [Log In](#) to Athletic.net
- Navigate to your team home by clicking your name in the upper right hand corner to open the side menu, and then the home icon next to the appropriate team.
- Click "**Add a Meet**" in your calendar box to navigate to the [Events page](#)
- In the search bar, enter **Nathan Hale Relays**
- Click on the meet to expand it, and locate the button to add it to your teams calendar
- Repeat this process for the rest of your season calendar.
- *If a meet is currently not listed, click Create New Event, and add the meet.*
- Verify that your calendar is correct. Click on a Meet, then the pencil icon to make corrections to a meet, or use the trash can icon to delete a meet.

3. Enter team roster

- Navigate to your team page by opening the side menu, then click on your team.
- Click on Manage Team
- Click on Edit Roster under Athletes
- Add athletes to the roster manually, or upload your roster using the "Upload Athlete Roster" option.

4. Register athletes for the Nathan Hale Relays

- Locate **Nathan Hale Relays** on your team's main Track & Field page and click on the meet name.

- Click "**Register Athletes**"
- Click on an event name, or athlete name to begin registering
- Choose the correct division to enter athlete in
- Entries will be saved automatically. *For meets that collect entry fees online, be sure to enter payment information if you want your entries to be accepted.*
- Use the "**Add an Athlete**" buttons to add athletes to your roster if needed.

You can freely use this meet registration feature of Athletic.net for all your meets. The host team can download them from the website for free.

Tips

- Large teams often have each of their coaches sign in to register the athletes they are responsible for.