

HUDSON RELAYS
BOYS & GIRLS MIDDLE SCHOOL

April 23, 2019 Meet Fee: \$ 60.00/team \$120/girls and boys

Welcome to the Hudson Middle School Boys and Girls Relays to be held on April 23. Below are some items which should help to answer any questions you might have. We are trying to add more heats to maximize participation.

IMPORTANT: WE ARE USING OUR FULLY AUTOMATED TIMING SYSTEM. YOU WILL NEED TO ENTER YOUR ATHLETES ONLINE BY FOLLOWING THE DIRECTIONS BELOW.

1. We will run 7 & 8 girls as one team and 7 & 8 boys as one team. Scoring will be 10-8-6-4-2-1
2. Starting time for girls field events and boys shuttle relay followed by girls shuttle relay will be at 4:30 p.m. Make sure your participants report on time.
3. Announcements will be made over the loud speaker. Inform your participants to listen and report when told, PARTICIPANTS WILL BE WEARING HIP NUMBERS THAT WILL BE GIVEN TO RUNNERS AT CHECK IN.
4. Starting height for the high jump will be 4'4" - boys; 3'10" girls.
5. Ribbons will be given for 1st-5th places in individual events and 1st-3rd places in the relays.
6. To allow for maximum participation you may enter 4 runners in any open events. We will time all heats but only 2 runners from a school may score. The first heat will be the fast heat! You may enter 2 teams in each relay except the Distance Medley. The 4 x 800 will be run in one heat. Only one relay team from a school may score. The first heat will be the fast heat! You may enter 4 entrants per school in the shot, discus, and long jump. Each entrant will be allowed 3 attempts. Please limit 3 entries in the high jump.

For Individual Running Events: Enter your 2 fastest runners with their time. Enter your next 2 runners with a 20. DO NOT ENTER 4 TIMES, ONLY ENTER YOUR 2 FASTEST TIMES. I DO NOT WANT 4 TIMES AS THIS SLOWS DOWN THE SEEDING PROCESS. You will need to follow the same procedure for relays. The fast heat (scoring) will run first, enter their time and 'A' team. The slower heat (non-scoring) will run second, enter No Time and 'B' team.

7. Please enter your athletes at <https://www.vbmeets.com/28830>
8. It should say Jr. High Coed Relays – You will go to that site and enter your login and password – make up your own, but remember it. You will need to enter the athletes and declare by 11:00 am on Tuesday April 23. If you do not declare the athletes by this time, the athletes will not be entered when I download the list. Re-check your list before declaring – you must enter correctly
9. For Individual Events: all entries must be declared prior to 11:00 am on April 23. You will be allowed scratches or replacements. You will not be allowed to enter upon arrival if not previously declared. If not declared, substitutions will be allowed but no additional entries. Substitutions made at the meet will not alter seeding or lane assignments.
10. Individual and anchor runners will be given a sticker with a number of their assigned Lane. Sticker must be placed directly on their right hip and visible to the camera. Runners will receive a new number for each race.

HUDSON BOYS AND GIRLS MIDDLE SCHOOL RELAYS:

ORDER OF EVENTS:

Field Events:

All girls field events will be held first as the boys compete in the running events up through the 4 x 200 meter relay. All boys field events will then be held as the girls compete in the running events up through the 4 x 200 meter relay. Running events for both boys and girls together will begin with the 1500/1600 and continuing to the end with girls running first and boys second.

Running Events:

Boys 4:30 p.m.

Shuttle Hurdle Relay - Boys

Shuttle Hurdle Relay - Girls

4 x 800 Meter Relay

100 Meter Dash

Distance Medley Relay

400 Meter Dash

4 x 200 Meter Relay

Girls Field Events – 4:30 p.m.

Girls

4 x 800 Meter Relay

100 Meter Dash

Distance Medley Relay

400 Meter Dash

4 x 200 Meter Relay

Boys Field Events

Girls then Boys

1500 Meter Run (Girls)

1600 Meter Run (Boys)

100 Meter Hurdles (G-B)

200 Meter Dash (G-B)

Sprint Medley Relay (G-B)

200 Meter Hurdles (G-B)

800 Meter Run (G-B)

4 x 100 Relay (G-B)

4 x 400 Relay (G-B)