

2023 WARRIOR RELAYS - 4/8/23

Save the date!

The 8th Annual Warrior Relays. There will be team scoring for the girls and boys Team Champions. Competitors will receive ribbons for 1st thru 6th place.

Uniform rules will be in effect, however, subject to change depending on the weather.

DATE: SATURDAY - APRIL 8th 2023 – 10:00 am

- ▲ Please email your **Intent to participate NO LATER than March 31st** to kmccracken@pcb.com or rbridenbaker@clevehill.org . If you do **NOT** return your intent - you **WILL NOT** be competing.
- ▲ At the time of intent sent in you will be emailed a template and directions for the meet entries. **Entries are due NO later than Wednesday April 5th - 2023.** ONLY SCRATCHES will allowed the day of the meet.

TIME:

Coaches meeting will be held @ 9:30 am

1st event will start @ 10:00 am

***ENTRY FEES: -**

- \$300.00 for [boys **and** girls] teams combined or
- \$175.00 individual team [boys **or** girls].
- Checks can be made payable to:

CHEEKTOWAGA CENTRAL TRACK BOOSTER CLUB

MEET REGULATIONS:

1. Each athlete may be entered in up to 4 events total.
2. **ONLY 2 ATHLETES** entered in each field event.
3. Ribbons will be for 1st place thru 6th place.
4. Jury of appeals will be determined @ the coaches meeting.
5. All heats of the events will be run slowest to fastest. Timed finals.
6. CONCESSIONS **WILL** BE AVAILABLE THROUGHOUT THE DAY
7. T-Shirts will also be available for purchase

FIELD EVENTS INFO

- a. **POLE VAULT**: Girls will be 6' 0" going up in 6" intervals up to 10' – after that it will go up by 3" intervals. Boys starting height will be 8' 0" going up 6" intervals up to 12' – after that it will go up by 3" intervals. Combined total heights for both athletes will determine top 6 places.
- b. **HIGH JUMP**: Girls will start at 3' 8" going up 2" intervals to 5' 0" – after that it will go up in 1" intervals. Boys will start at 4' 6" going up 2" intervals to 5' 10" – after that it will go up in 1" intervals. Combined heights for both athletes will determine top 6 places
- c. **LONG / TRIPLE JUMPS**: 2.5 hour open pit for LJ and TJ each.
3 jumps per athlete. GIRLS and BOYS LJ - will jump at the same time, followed by GIRLS and BOYS – TJ.
Combined total of the each athletes' **best jump** for both will determine the top 6 places.
Boards are 8' or 12' - for LJ and 24', 28', 32', and 36' - for TJ.
- d. **SHOT / DISC**: 3 throws per athlete – combined top throw for both athletes will determine the top 6 places. It will be GIRLS and BOYS.
Boys discus followed by girls.

ORDER OF EVENTS:

1. **100 / 110 Shuttle** Hurdle Relay
2. **4 x 800 Relay** – waterfall start
3. **4 x 200 Relay**
4. **FRESH SMR** – [800, 200, 200, 400] – must be 9th grade or under
5. **Texas relay** [100, 100, 200, 400]

▲ This will start at the start line - like a 4 x 100 – runners will stay in lanes for the

100 / 100 / 200 – the 400 M runners will cut in once they get the baton / handoff -

6. **DMR** – [1200, 800, 400, 1600] – waterfall start
7. **4 x 400 Relay**
8. **SMR** – [400, 200, 200, 800]- waterfall start
9. **4 x 100 Relay**

FIELD EVENTS

- ▲ **Long Jump** *[Girls and Boys run at the same time] ~2.5 hour open pit*
 - *We have 2 pits - Boys will be towards the parking lot and girls will be towards the PV pit*

- ▲ **Triple Jump** *[Girls and Boys run at the same time] ~2.5 hour open pit*
 - *We have 2 pits - Boys will be towards the parking lot and girls will be towards the PV pit*

- ▲ **High Jump** *[Girls followed by Boys]*

- ▲ **Pole Vault** *[Girls followed by Boys]*

- ▲ **Shot Put** *[Girls then Boys]*
 - *Shot can be run @ the same time – if we want that to be the case – we have 2 circles and can run then simultaneously.*

- ▲ **Discus** *[Boys followed by Girls]*