

# WEST CHESTER RELAYS

Dear Coach,

We would like to invite you and your team to participate in the **2<sup>nd</sup> Annual West Chester Relay Carnival**, on April 26, 2019 at 2:30 at West Chester Henderson High School. This is a middle school meet with a few high school events. Listed below is the order of events.

## Schedule of Events

3:00-High School 1600 meters  
3:30-The Carlson Family Shuttle Hurdle Relay- Girls  
3:40-The Carlson Family Shuttle Hurdle Relay- Boys  
3:45-High School 100 meter dash  
3:55-The Mosquito Squad Distance Medley Relay- Girls (1200, 400, 800, 1600)  
3:55-The Mosquito Squad Distance Medley Relay- Boys (1200, 400, 800, 1600)  
4:10-90 The Barsz, Gowie, Amon and Fultz lb. Girls 4 x 100 meter relay  
4:15-The Bellwoar Family 90 lb. Boys 4 x 100 meter relay  
4:20-The Barsz, Gowie, Amon and Fultz 105 lb. Girls 4 x 100 meter relay  
4:25-The Bellwoar Family 105 lb. Boys 4 x 100 meter relay  
4:30-The Chester County Speed Camp 120 lb. Girls 4 x 100 meter relay  
4:35-The Chester County Speed Camp 120 lb. Boys 4 x 100 meter relay  
4:40-The Family Lives on Foundation Open Girls 4 x 100 meter relay  
4:45-The Family Lives on Foundation Open Boys 4 x 100 meter relay  
4:50-The Chester County Running Store Middle School 800 meters.  
5:10-High School 200 meters.  
5:25-The Chester County XC Camp 4 x 800 meter relay- Girls  
5:25-The Chester County XC Camp 4 x 800 meter relay – Boys  
5:25-Coaches 4 x 800 meter relay  
5:40-High School 800 meters  
6:00-The Peirce Parents Under 105 lbs. 4 x 400 meter relay- Girls  
6:05-The Peirce Parents Under 105 lbs. 4 x 400 meter relay – Boys  
6:10-Over 105 lbs. 4 x 400 meter relay- Girls  
6:10-Over 105 lbs. 4 x 400 meter relay- Boys  
6:20-Sprint Medley- Girls (200,100,100, 400)  
6:30-Sprint Medley – Boys (200, 100,100 400)  
6:40-Under 105 lbs. mixed 4 x 100 meter relay- (boy,girl,boy,girl)  
6:45-Over 105 lbs. mixed 4 x 100 meter relay- (girl, boy, girl, boy)

2:30-Shot Put Relay- Girls 4:00-High School Discus  
3:15-Shot Put Relay- Boys 4:00-High School Long Jump  
3:15-The John Kusic Discus Relay- Girls  
2:30-The John Kusic Discus Relay- Boys  
3:15-Long Jump Relay- Girls 3:00-High School PV-Girls' 1st  
2:30-Long Jump Relays- Boys  
2:30-High Jump Relay- Girl  
3:15-High Jump Relays- Boys 4:00 High School Long Jump

## **Meet Information and Rules:**

- 1) Field events start at 2:30 pm. Running events begin at 3:30 pm.
- 2) One relay per school per event. Unlimited entries in the middle school 800 meters.
- 3) The first lap of the 4 x 200 and the Sprint Medley will be run in lanes.
- 4) The shuttle hurdle relay will run over 5 hurdles. Hurdle spacing will be 16 meters to first hurdle, 17 meters between each hurdle.
- 5) Medals will be awarded to the top 3 in each event.
- 6) The entry fee for middle school is \$125 per team: \$125 for girls team, \$125 for boys team. Boys and girls are separate teams. The entry fee for High School is \$75 per team.
- 7) All events will be for 7<sup>th</sup> and 8<sup>th</sup> grade students only.
- 8) No starting blocks will be used during this meet.
- 9) **Individual competitors are eligible to compete in only 3 events.**
- 10) Mixed 4 x 100 meter relay is a bonus event- this can be the 4<sup>th</sup> event for athletes running in this relay.
- 11) **Coaches 4 x 800 meter relay**- will run in the same race with the girls and boys. Coaches interested in running will be combined with coaches from all schools to form a relay.
- 12) Teams are to supply their own batons for the relays.
- 13) NFHS rules will be followed.
- 14) Concessions will be on sale all afternoon.
- 15) **Only 1/4" spikes** are permitted to be worn on the all weather surface track Henderson.
- 16) All field events relays will consist of 2 competitors from each team. The winning team will be determined by the sum of the best performances by both athletes. In the event of a tie, the team with the best individual effort will be the tie breaker.
- 17) Entries will be done via PA Milesplit. Entries will close on Thursday, April 25 at 11:00AM. The final time schedule will be posted after that on Milesplit.
- 18) The middle school 800 will have unlimited entries. The high school track events will be unlimited entries. The high school field events will be 6 entries per school.

If your team is interested in entering, please e-mail Mike Dumas or Kevin Kelly by April 1. Entry fees are due by the start of the meet.

**Henderson Track and Field Booster Club**  
**Henderson High School**  
**400 Montgomery Avenue**  
**West Chester, Pa. 19380**  
[mdumas@wcasd.net](mailto:mdumas@wcasd.net)  
[kkelly1@wcasd.net](mailto:kkelly1@wcasd.net)

Please make all checks payable to the **Henderson Track and Field Booster Club**. If you have any questions, please call me at 484 266-2500.

Sincerely yours,

Mike Dumas  
Head Track Coach-Peirce