

The 2021 Edition of the Saints Relays will be held Thursday, April 1, 2021. Entry fee is \$100 per gender/per team.

Updated 3/28/2021

Events and times are shown below (they will be updated if necessary after entry deadline has passed):

Field events

- Shot (5 athletes per team, 3 throws)
 - o Girls 4:00pm (25')
 - o Boys 4:45pm (35')
- Discus (3 entries allowed, 3 throws)
 - o Boys 4:00pm (100')
 - o Girls 4:45pm (70')
- Pole Vault (unlimited entries, starting height TBD day of meet)
 - o Girls: 4:00pm
 - o Boys: 4:45pm
- Long Jump (3 entries allowed, 3 jumps)
 - o Boys 4:00pm (17')
 - o Girls 4:45pm (14')
- Triple Jump (3 entries allowed, 3 jumps)
 - o Girls 4:00pm (27')
 - o Boys 4:45pm (33')
- High Jump (3 entries allowed)
 - o Girls: 4:00pm; Starting height 4'4"
 - o Boys: 4:45pm; Starting height 4'10"

To speed up the field events, the first throw or jump will be measured, and remaining attempts measured only if they are at or above the standards identified above.

Running Events (You may enter a non-scoring "B" relay)

- 5:45pm – Open Hurdles Girls 100 and Boys 110 (only open event)
- 6:00pm - 4000M Distance Medley (1200, 400, 800, 1600; Waterfall start)
- 6:35pm – 1000M Swedish Relay (100M, 200M, 300M, 400M; see note 1 below)
- 6:45pm – 4 x 800M Relay (Waterfall start)
- 7:15pm – 4 x 100M Relay
- 7:25pm – Mixed 4 x 400M Relay (2 Girls, 2 boys; 3-turn stagger)
- 7:35pm – 800 Sprint Medley (100, 100, 200, 400)

Note 1: the Swedish relay starts at the 200M start line, first exchange is the 4x100 exchange (exchange zone 3 in a 4x100 race), the 200M to 300M exchange is also the 4x100M exchange zone (exchange zone 1 in a 4x100 race), and the 300M runner breaks after the exchange zone; note that the 200M runner runs Straight then Curve and the 300M runner runs typical straight, curve, straight.

PLEASE NOTE: To celebrate having the relay added to the 2020 (21) Tokyo Olympics, this year the Saints Relays will have a special event – the Mixed 4 x 400M Relay. This relay

consists of two girls and two boys. The genders can be in any order you want but the team must be made up of 2 boys and 2 girls. This event will be an exhibition event (non-scoring).

Entry fee: Entry fee is \$100 per team per gender, \$200 if entering both boys and girls' teams. Please make out check to Briarcrest Christian School and mail to (or bring to meet):

Briarcrest Christian School

Attn: Ted Paduck (Track and Field)

76 S. Houston Levee

Eads, TN 38028

** It's ok to bring the check to the meet, any questions just email Ted Paduck at

CoachTed57@gmail.com or call at 901-846-6931.

Gate: There will be a gate fee of \$5 for spectators. Athletes in uniform will not be charged.

Please note: All entering facility will be required to have temperatures taken at the gate (Temperatures at or above 100.4 degrees will not be allowed to enter). Masks and Social Distancing is required according to CDC guidelines. Once the facility has reached maximum capacity according to CDC guidelines, the facility will be closed to spectators. No spectators will be allowed on the infield at any time.

Parking: Parking is available in the school parking lot. No vehicles are allowed past the fenced gate to the fields.

Dressing: No dressing facilities are provided.

Warm-ups: Only athletes competing in the event will be allowed on the infield. All warm-ups will be done outside the track. Field event competitors will be allowed to warm up at their event only.

Coaches Meeting: There will be a coach's meeting at 3:45pm at the finish line tent.

Officials: Briarcrest Track intends to provide all officials for the field events, start and finish line (we will gladly accept coaches from other schools to volunteer for field events). As we do not want volunteers to be in charge of exchange zones, we will assign attending coaches to officiate exchange zones – if you prefer a specific zone and relay, please email CoachTed57@gmail.com to volunteer (first come basis, remaining will be assigned the evening before the meet and emailed out).

Track entrance and Check in: Runners in running events will check in at the gate near the 300M start line (south east side of track). Field events will check in at their event.

Awards: Medals will be given to the winning team in each relay (all 4 members) and 1st thru 3rd place in the field events and the open Hurdle races. A special award will be given to the winner of the Mixed 4 x 400M Relay (this is a non-scoring relay). Following the announcement of the winner for each event, winners should proceed to the Check-in table to receive your award. A team trophy for both Men and Women will be handed out at the completion of the meet.

Tents: Tents and team areas can be set up outside the track, preferably on the south end grass areas. Tents in stands will be allowed but use caution as to not block spectators views. Please

provide adequate social distancing between team areas and comply with current CDC guidelines at all times.

Warmup: No athletes will be allowed to warm up on the infield. Field event athletes can warm up near their events. Running event warmups are outside the track only. If athletes want to practice on the track during field events, they must stay on the north end of the track only (closest to Houston Levee Rd & Field house/long jump end of the track). No runners will be allowed to circle on the track during the meet.