

**GMC Coaches Assn - 2022 Winter Track Relay Championships**  
Mon, Feb 21 at 2:30 PM. Event Schedule / Clerking Information

- **Seeded heat last in all races**
- **Girls 1<sup>st</sup>** in all running events
- Lane preference on oval races: **3,4,5,6,2,1**
- **Anchor legs for all races wear Left Hip #'s**
- **DM, SM and 4x800** – all runners wear a **chest #**
- **NO team should run in a heat alone**

**Order of Running Events**

- 1. Varsity Distance Medley Relay**
- 2. Varsity Shuttle Hurdles Relay**
- 3. Varsity 4 x 200M Relay**
- 4. Novice 4 x 200M Relay**
- 5. Varsity 4 x 800M Relay**
- 6. Girls Novice 4 x 800M Relay**
- 7. Varsity Sprint Medley Relay**
- 8. Boys Novice 4 x 800M Relay**
- 9. Varsity 4 x 400M Relay**

Event # 1- **Varsity Distance Medley** - Running order 1200-400-800-1600. (2 alley start)

- Top seeds in outside alley with 2 turn break

Event # 2- **Varsity Shuttle Hurdles Relay**

- Heats will have 3 teams max. Top seeds in middle lanes (3/4 then 5/6, 1/2). **Girls use Gray Marks** – 51.5M / **Boys use Black Marks** – 55M. 4 Flights of hurdles.

Event # 3- **Varsity 4 x 200M** & Event # 4- **Novice 4 x 200M**

- Run **ALL HEATS** with lead-off leg in lanes – 3 turn stagger (blue start lines). 1<sup>st</sup> exchange in assigned lanes (Blue triangles). 2<sup>nd</sup> runner breaks on the back straight at the green break line/cones. 2<sup>nd</sup> and 3<sup>rd</sup> exchanges in the common exchange zone demarcated by yellow lines. Preferred lanes: 3,4,5,6,2,1. If possible, leave **Lane #1 Empty for Varsity Heats.**

Event # 5- **Varsity 4 x 800M** (2 alley start)

- Seeded heat last with MAX of 16 teams. Top seeds in outside alley with 2 turn break

Event # 6 – **Novice Girls 4 x 800M** and Event # 8 – **Novice Boys 4 x 800M** (2 alley start)

- Seeded heat last with MAX of 18 teams. Top seeds in outside alley with 2 turn break

Event #7 - **Varsity Sprint Medley** – Running order 400-200-200-800.

- Run **ALL HEATS** with lead-off leg in lanes (use white start) 2 turn stagger - break on the front straight of Lap 1 at the cones. All handoffs in the common exchange zone demarcated by yellow lines. Preferred lanes: 3,4,5,6,2,1

Event # 9 – **Varsity 4 x 400M**

- Run **ALL HEATS** with leadoff leg in lanes (use white start), 2 turn stagger - break on the front straight of Lap 1 at the cones. All handoffs in the common exchange zone demarcated by yellow lines. Preferred lanes: 3,4,5,6,2,1

## Field Events

**High Jump Relay:** 2 competitors per team. All jumpers must check in prior to 2:30. Both Boys and Girls will start at 2:30.

- Schools must have 2 jumpers check-in and actively compete. **NO Individuals.**
- Opening heights: Girls 4'0" / Boys 5'0"
- Increase 2" each height change (subject to change based on entries)
- Both competitors have to clear a height for team to score.
- Team scoring ties will be decided using 'least misses' criteria. **NO JUMPOFFS.**

**Pole Vault Relay:** 2 competitors per team. All vaulters must check in prior to 2:30. Boys and Girls will start at 2:30.

- Schools must have 2 vaulters check-in and actively compete. **NO Individuals.**
- Opening heights: Girls 6' / Boys 8'
- Increase 6" each height change (subject to change based on entries)
- Both competitors have to clear a height for team to score.
- Team scoring ties will be decided using 'least misses' criteria. **NO JUMPOFFS.**

**Varsity Shot Put Relay:** 2 competitors per team. Girls throw 1<sup>st</sup>. Shots will be provided by Meet management.

- 3 Throws - NO FINALS. Top distance from each teams' throwers will be added together
- Seeded flight (based on total team distance) will throw last. Team members will throw in consecutive order.
- Both competitors have to get a legal mark for team to score.
- Team scoring ties will be decided using 'second throws' criteria.

**Novice Shot Put relay:** 2 competitors per team. Novice Shot will follow Varsity Shot. Girls will throw 1<sup>st</sup>.

- 3 Throws - NO FINALS. Top distance from each teams' throwers will be added together
- Seeded flight (based on total team distance) will throw last. Team members will throw in consecutive order.
- Both competitors have to get a legal mark for team to score.
- Team scoring ties will be decided using 'second throws' criteria.

### **Note to Coaches from Meet Director John MacGillivray (JMacTrack@Yahoo.com)**

Coaches,

This below memo has some updates and items of which we need the coaches to be aware. The cooperation of the schools will help make the meet efficient and smooth and give the athletes the type of meet they deserve while keeping all of us safe.

## Check-in and Highlighting/Scratching At the Meet

**Running Events:** Coaches will need to highlight the 4 athletes who are participating in each relay. Announcements will be made as to when we are closing each event. We will aim to give you as much time as possible to determine which athletes will compete.

**Shot Put:** Coaches will need to highlight the 2 athletes who are competing in Shot, both Varsity and Novice. These are both relays, so you need to have 2 athletes competing. The quicker that we get all coaches to highlight, the quicker that Shot can start. No cards. Scoring will be done off the final roster sheets.

**Pole Vault and High Jump:** Coaches need to **fill out separate cards for your 2 athletes** who are competing for your school. Be sure to include the HyTek #. **Coaches will need to sign the PV card** before the athlete is allowed to warm-up. The cards will be on the table by the scoring platform. Send your athletes to the jumping venue with their cards. We plan to start competition no later than 2:30.

## Health and Safety Protocols

**Masks:** For the safety and well-being of everyone at the meet, masks should be worn by everyone except athletes when they are competing or actively warming up.

**Limits on Team Size:** Schools may only bring athletes registered to compete and school-appointed, paid coaches. No volunteer or outside coaches or athletes not scheduled to compete.

**Team Areas:** To help keep the athletes safe and minimize interference with the races on the track, athletes should remain in their team area until it is necessary to warm up or report for their event. In past years some of the coaches complained about athletes running across the infield to the edge of the track to cheer their teammates. This impeded the runners in the race. **It is the responsibility of each coach to monitor the athletes of your school.**

**Spectators:** As of now, the meet will have spectators (\$6/adult; \$3/student under 18).

**Officials:** If you have a question or issue to address during the meet, please do so professionally. We will do our best to resolve your concerns within the NFHS Rules and the policies determined by your Games Committee.

**Shot Puts:** EB has offered to provide shots for all to share. If your school prefers to bring and use your own Indoor shots, you may do so. We will have a scale to verify weights.

If you have any questions or input, you can email me at [JMacTrack@Yahoo.com](mailto:JMacTrack@Yahoo.com).

Let's give the athletes a safe, competitive, fair and enjoyable meet on Feb 21.

John Mac