

1st Annual West Florence Knight Relays

You and your teams are invited to **The 1st Annual West Florence Knight Relays**. This event will take place on Saturday, March 5th at West Florence High School. All track events will be timed using our brand new FinishLynx FAT timing system. The Knight Relays have been created to be a fun, early season alternative meet, in which you can get a lot of athletes an opportunity to compete. Get your coaches ready to compete too!!! We will have a coaches 4x100 Meter Relay as one of our featured events! Both the coaches relay and Throwers Relay will be scored events!

8:30 AM - Coaches Meeting (Track Building)

Field Events (You may enter 4 athletes per event - top 3 will be combined to determine place)

9:00 AM - 3 attempts per athlete

- Girls Shot Put (followed by Boys)
- Boys Discus (followed by Girls)
- Girls High Jump (followed by Boys)
- Boys Long Jump (followed by Girls)
- Girls Triple Jump (followed by Boys)
- Girls Pole Vault (followed by Boys)

Girls Javelin will start at the conclusion of the Boys High Jump

Track Events

9:00 AM - 4x1600 Meter Relay

10:30 AM - Rolling Schedule

- Shuttle Hurdle Relay
- 4x100 Meter Relay
- Distance Medley Relay (800/400/1200/1600)
- 4x200 Meter Relay
- 4x800 Meter Relay
- Sprint Medley Relay (100/100/200/400)
- 4x100M Thrower Relay (must be a thrower to participate)
- 4x100M Coaches Relay
- 4x400M Mixed Relay (2 Boys/2 Girls)

Entry Fee

- \$100 for Boys and Girls (\$55 for one gender only)
- Make checks payable to West Florence Athletic Booster Club

Awards

- Trophies for 1st and 2nd place teams
- Medals for top 3 in each event

Spectators

- There will be a \$5 per person charge for all spectators. Tickets can be purchased on-line prior to the event. A link will be sent out the week prior to the event.

Direct any additional questions to Coach Rich Wideman rwideman@fsd1.org