

East Coast Relays
Coaches Instructions
2022

Coaches –

Scratches

Please report all scratches to the clerks, event officials as soon as they are known.

Running events

Seeding

All running events will be run from slowest to fastest seeds.

Relay members

If a running relay entry consists of more than 4 members, please identify the 4 athletes competing.

Medley Running orders

Distance medley 1200 – 400 – 800 – 1600

Sprint medley 200 -200 – 400 – 800

(30 m zone may be used for legs 2, 3)

3 x 400 IH

Race will be seeded by individual times, not cumulative team time.

If an athlete false starts, the remaining relay members will be permitted to compete. Team will be disqualified from scoring/awards.

Field Events
2 Hr. open Pit

4:30 – 6:30 pm #

Boys Shot
Boys Discus (Left Sector)
Girls Discus (Right Sector)
Girls Javelin

6:30 – 8:30 PM

Girls Shot
Boys Javelin

Boys Long Jump
Girls Long Jump

Boys Triple Jump
Girls Triple Jump

Pits may be extended if necessary

High Jump %
(2 pits)

Girls Progression 4-4, 4-6, 4-8 + 2"

Boys Progression 5-4, 5-6, 5-8 + 2"

Pole Vault %
(1 pit /runway)

Girls Progression 7-0, 8-0, 9-0, 9-6, + 6"

Boys Progression 10-0, 11-0, 11-6, 12-0 + 6"

2nd runway maybe used for warm-ups under the supervision of coaches.

% If a relay member does not clear the jumper's entry height, the remaining members of the relay will be permitted to continue jumping.