

2025 Tiger Relays

@ Leander High School
LMS, RBMS, CRMS

Dear Coaches,

The LMS meet at LHS will be on Wednesday, March 12th, 2025.

Field Events: 4:20 p.m.

2400m Run: 5:00 p.m

4x100m Relay: on completion of most field events (5:30ish)

Please ask your athletes to make their camps behind the visitor stands. **Please inform the parents of your athletes that they will not be allowed onto the field.** The spectators for the running events can park and sit on the **visitor's side** (start/finish line located there). **Parents can park on the home side to watch discus, shot put, long jump and triple jump. They will have to walk around the southside of the stadium or drive around to the visitor side to park and watch the running events. Parents can park on the visitor side to watch the high jump and pole vault. .**

A concession stand will be provided for athletes and spectators; we will have hospitality provided by the booster club for coaches.

We are looking forward to a successful meet, and if you have any questions please call.

Thank you,

Greg Steger
Head Boys Track
512-570-3230
greg.steger@leanderisd.org

Amanda Ellerbee
Head Girls Track
512-570-3231
amanda.ellerbee@leanderisd.org

ORDER OF EVENTS

4:20 - Field Events – 3 attempts at each height in high jump and pole vault;
3 attempts in long jump, triple jump, shot put and discus.

Shot Put Ring 1:	8 th boys, 7 th boys (CRMS)
Shot Put Ring 2:	7 th girls, 8 th girls (RBMS)
Discus Ring 1:	7 th boys, 8 th boys (CRMS)
Discus Ring 2:	8 th girls, 7 th girls (RBMS)
Triple Jump:	8 th girls, 7 th girls, 7 th boys, 8 th boys (CRMS)
Long Jump:	8 th boys, 7 th boys, 7 th girls, 8 th girls (LMS)
High Jump:	7 th girls (4'2"), 8 th girls (4'4") (LMS) 7 th boys (4'6"), 8 th boys (4'8")
Pole Vault:	8 th boys (7'6"), 7 th boys (7'0") (RBMS) 7 th girls (6'0"), 8 th girls (6'0")

Coaches, please bring your own tape measure and markers to run off your event.
Your box will be at your event with your clipboard. Please return to the timer tent
upon completion of each division.

Running Events – Running order is **7G, 7B, 8G, 8B** unless specified

5:00pm	2400 M. Run (can combine)
5:30ish	400 M. Relay
	800 M. Run – waterfall start (or staggered)
	100 M. Hurdles (7G, 8G)
	110 M. Hurdles (7B, 8B)
	100 M. Dash
	800 M. Relay
	400 M. Run
	300 M. Hurdles
	200 M. Dash
	1600 M. Run (can combine)
	1600 M. Relay

[Bible Stadium Map](#)

MEET INFORMATION

* Running Events

- There will be official scoring and timing
- up to 4 participants in each event
- 2 heats per division
- Each school will be allowed 1 relay team.
- We will have a timer
- Ribbons will be awarded for the first 6 places.

*Field Events

- * **Up to 4 participants in each event**
- * 3 Attempts for field events; 3 attempts at each height for HJ and PV
- * The participants will sign in for their event at the event.
- * The first 6 places will be awarded in each field event.

COACHES INFORMATION

Lane Assignments

Milesplit will assign lanes based on entries. When entering participants in milesplit, put their fastest time run this season as their qualifying time. This will heat the kids accordingly. **All entries must be entered into milesplit by 6pm on Mon. March 10th.**

CURVE JUDGES

400 RELAY

1st EXCHANGE – LMS
2nd EXCHANGE – CRMS
3rd EXCHANGE – RBMS

1600 RELAY

ALL EXCHANGES – LMS

800 RELAY

1st and 3rd EXCHANGE – LMS
2nd EXCHANGE – LMS

HURDLE SETTERS - We will have some, but would appreciate the help.

Thanks for all your help!
LMS Coaches