

## **2026 AJ LOTH / CARLIN WICKER RELAYS @ Fredericksburg (3/21/26)** **INFORMATION AND MEET SCHEDULE** *(as of September 24, 2025)*

Coaches,

You are invited to participate in the 2026 AJ Loth / Carlin Wicker Relays at Fredericksburg High School on Saturday, March 21<sup>st</sup>. The format for this meet is All Field Events and Running Relays, with some individual running events. We are accepting 7 schools per division and some individual entries.

Entry fees are \$150 per division or \$40 per individual relay entry. Please mail all entry fees to the following address or submit payment by check the day of the meet:

*FISD – Attention Steve Jacoby, 110 West Travis St, Fredericksburg, Texas 78624*

If wanting to participate, please email Coach Dan Aldrich ([daniela@fisd.org](mailto:daniela@fisd.org) or [dan\\_aldrich01@yahoo.com](mailto:dan_aldrich01@yahoo.com)) to confirm your team spot and receive the password to register online.

- All entries are due by 8:00pm on Thursday evening March 19<sup>th</sup> online at **tx.milesplit.com**
  - The program will be seeded by time and emailed to coaches late on Friday.
  - **All entry times and marks must be achieved during the 2026 season leading up to the meet. Combined individual event times can be put together for the relay entry.**
- AWARDS: The top 3 relays in each division (Girls and Boys) will receive medals.
- ENTRIES: 1 relay per team is allowed per school per event/division.
  - THE UIL entry limit must be followed (3 max running events and 5 total events).
  - For the Varsity 4x800, if a JV runner is needed to complete the relay, that is allowed or you can run the relay with fewer than 4 runners to get times, but not finish the race.
- DIVISIONS: VARSITY GIRLS / VARSITY BOYS / JV GIRLS / JV BOYS

**8:15–8:45 A.M.** Relay Scratches. No scratches are necessary if making a runner substitution.

**9:00 A.M.** **DISTANCE MEDLEY RELAY** (12-4-8-16) - *Waterfall Start, Blue Exchange Zones*  
**JVG and JVB combined** followed by **VG and VB combined**

### **FIELD EVENTS**

- **There will be 4 attempts in all horizontal jumps and throws.**
- Minimum Marks will be used for all 3<sup>rd</sup> and 4<sup>th</sup> attempts. We will not measure scratches!
- Athletes are allowed 1 attempt at a time according to the entry list (no multiple attempts).
- Implements will be pooled in the throwing events.
- Athletes will have 30 minutes on site warm up at events. Please remove all marks when done.

**9:30 A.M.** **THROWING (Min Marks) and VERTICAL FIELD EVENTS– Rolling Schedule**

**SHOT PUT** = Ring 1 – (Lower Field) – **VB (40')** followed by **VG (30')**

**SHOT PUT** = Ring 2 – (Upper Field) – **JVB (34')** followed by **JVG (24')**

**DISCUS** = Ring 1 – (Lower Field East) – **VG (80')** followed by **VB (110')**

**DISCUS** = Ring 2 – (Lower Field West) – **JVG (60')** followed by **JVB (90')**

**HIGH JUMP** = Pit 1 - (on apron) – **VB (5'6")** followed by **VG (4'6")**

**HIGH JUMP** = Pit 2 – (on turf) – **JVB (5'0")** followed by **JVG (4'0")**

**POLE VAULT** = Pit 1 – (North by long jump) – **VG (7'6")** followed by **VB (10'6")**

**POLE VAULT** = Pit 2 – (South by turf) – **JVG (6'0")** followed by **JVB (9'0")**

**10:30 A.M. HORIZONTAL JUMPING EVENTS (Min Marks)**

**LONG JUMP (Varsity w/ wind)** = Pit 1 (North Runway) – VG (16') followed by VB (18')

**LONG JUMP** = Pit 2 (South Runway) – JVG (14') followed by JVB (16')

**TRIPLE JUMP** = Pit 1 – (Lane 3) – VB (38') followed by VG (34')

**TRIPLE JUMP** = Pit 2 – (Lane 6) – JVB (34') followed by JVG (30')

**12:30 P.M. (or 30min after field events) RUNNING FINALS**

**Rolling Schedule (JVG – JVB – VG - VB): \*\*Divisions could be combined to 1 heat if relay entries are low\*\***

- ALL SPECTATORS must be in the designated area of the bleachers on the home side of the stadium during all events. Only athletes are on the visitor side.
- COACHES are responsible for making sure your team's spectators and athletes are located in the proper areas. No spectators inside the track.
- Team camps on the field are for athletes competing and warming up.
  - These camps can be set up near the panels outside the field numbers.
  - Non-competing athletes should remain in the bleachers.
- All moving warmups must occur inside the center of the field.
- All stationary flex work should occur outside the numbers near the panels.
  - Athletes need to report "race ready" to the check-in clerk the event before their race.
- Starting blocks will be provided for athletes (block holders are not necessary).

**400M RELAY (100,100,100,100)**

*Yellow Start Line and Yellow Exchange Zones*

**3200M RELAY (800,800,800,800) \*\*\*JVG and JVB combined followed by VG and VB combined\*\*\***

*Waterfall Start, Blue Exchange Zones*

**100/110M HURDLES – 4 entries per division allowed**

**100M DASH – 4 entries per division allowed**

**800M RELAY (200,200,200,200)**

*Green Starting Line, Green Exchange Zones and Yellow Exchange Zone 4<sup>th</sup> Leg*

**300M HURDLES – 4 entries per division allowed**

**SPRINT MEDLEY RELAY (200,200,400,800)**

*Green Starting Line, Green Exchange 1-2 (400 leg stays in lane).*

*Blue Exchange Zone for 400 to 800 (800 leg may cut in after break line)*

**1600M RUN – 4 entries per division allowed**

**1600M RELAY (400,400,400,400)**

*Blue Starting Line, Blue Exchange Zones*

**We look forward to hosting your school in the 2026 Fredericksburg AJ Loth / CW Relays! We will do our best to make it an organized and competitive meet for everyone in attendance!**