

# BIG COUNTRY RELAYS

We are looking forward to seeing you at the Big Country Relays. Please help us with the following guidelines. Thanks for your help.

- An entry fee of \$700.00 per school will be charged. Make check payable to the Abilene ISD Athletic Department. Fees are not refundable.
- Send checks to: Abilene ISD – 241 Pine Street – Abilene, Texas 79604. ATTN: Athletic Department, or bring payment to the meet.
- Please enter all participants via tx.milesplit.com by 6:00 p.m. **Wednesday, March 18.**
- Packets will be picked up at the equipment room on the South end of the Annex.
- Ticket prices are set at \$5.00 at the gate. **We are cashless at the gate.**
- All running events will be contested as finals.
- All athletes will be given 4 trials.
- Throwing implements will be pooled and not weighed. Contestants must wear official uniforms.
- Contestants must wear ¼" pyramid spikes on the track and jump runways.
- No gum, tobacco, sunflower seeds, or food allowed on the football field.
- No athletes should be on the field unless they are warming up and preparing to compete. Coaches, please help us with this.
- Only participating contestants, coaches, and working officials will be allowed inside the track and around the finish line and jump pits. No spectators or parents allowed on the field.
- No camps will be allowed in the stands or on the playing field. All camps must be set up on the grass areas of the annex. Non-participating contestants must remain in their camp areas and not in the stands. Please have athletes leave and enter the track through the East double gate.
- No noise-related electronic devices will be allowed inside the annex.
- No dressing rooms will be available for boys or girls. Each team is responsible for equipment and valuables.
- Restrooms are available at the AISD Annex and Southside Shotwell venue.
- A training area will be set up for boys and girls, but you must provide your own supplies.
- The concession stand will be open at the AISD Annex. Hot concessions will be at Shotwell Stadium. **We are cashless at the concession stand.**
- Shortly after the completion of the meet, final results, team standings, and packets can be picked up in the press box. Medals will be given to the top 3 finishers, and plaques to team champions.
- WE WILL HAVE A \$9.50 MEAL DEAL FOR TEAMS. (Chick-fil-A sandwich, chips, candy, and a drink) If you would like to get the meal deal, contact Fred Scott at 325-660-3007 or by email at fred.scott@abileneisd.org by **Monday, March 16.**
- Coaches and workers can get sausage wraps at the trainer's tent.

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- **Suggested Heights**

*Heights can be agreed upon by coaches before starting the event.*

	Pole Vault	High Jump
Boys Varsity	10'	5'6"
Boys JV	8'	5'4"
Girls Varsity	7'6"	4'6"
Girls JV	6'	4'4"