

HOOSIER SOUTH RELAYS

March 18th, 2025

(WEATHER FLEX DATE MARCH 18-20)

Start Time: 5:30

Field Events

Pole Vault (Girls followed by Boys)

High Jump (Girls followed by Boys)

Long Jump (Boys followed by Girls) (3 Jumps)

Discus (Girls followed by Boys) (3 Throws)

Shot Put (Boys followed by Girls) (3 Throws)

Rolling Schedule

Start Time: 5:30

1. 100 M/110 M High Hurdles

2. 4 x 800 M Relay

3. 300 M Dash

4. 1600 M Run

5. 100 M Dash

6. 4 x 400 M Relay

LOCATION:

New Albany High School – Buerk Field

1020 Vincennes Street

New Albany, IN 47150

TIMER: Above & Beyond Timing

ADMISSION: \$6.00

EQUIPMENT: We have Eight Gill Fusion Blocks for use.

TEAM AREA &

Teams are to be located outside of the infield area. Athletes will

WARM-UP AREA:

be allowed on the track and infield for warm-up and participation only.

FIELD EVENT INFORMATION

All Girls who throw 30+ Feet in Shot Put and 100+ Feet in Discus will get an additional Throw.

All Boys who throw 44+ Feet in Shot Put and 120+ Feet in Discus will get an additional Throw.

All Girls who record an attempt of 15+ Feet in Long Jump will get an additional Attempt.

All Boys who record an attempt of 20+ Feet in Long Jump will get an additional Attempt.

Starting Heights

Pole Vault	Girls 6-06	Boys 8-00
High Jump	Girls 4-00	Boys 5-00