

## **Note to Coaches from Meet Director John MacGillivray (JMacTrack77@Yahoo.com)**

Coaches,

We welcome you and your athletes to the 2026 Middlesex County Spring Relays.

This memo has some updates and items of which we need the coaches to be aware. The cooperation of the coaches and athletes will help make the meet efficient, smooth and safe and give the athletes the type of meet they deserve. Attached below this memo is the **Event Rules and Schedule** for both days. Please read and share the pertinent information with your assistant coaches and athletes. This will help move the meet along.

### **Check-in and Highlighting At the Meet**

**Running Events:** Coaches will need to highlight the 4 athletes (3 for IH) who are participating in each relay. The **first running event will close at 3:35 each day**. Announcements will be made as to when we are closing the subsequent running events as the meet progresses. We will aim to give you as much time as practical to determine which athletes will compete. ***Once the sheets go to the Timer, there will be no further changes.***

**Field Events: Check-in will done at each venue.** Coaches will need to declare the 3 athletes who are competing in Shot, Disc, Javelin, HJ, LJ and TJ. **For PV, HJ, LJ and TJ, this must be done by 3:45 each day.** For throws, coaches may declare their athletes no later than **10 minutes prior to the start time for your team's flight.**

**Pole Vault: Coaches will need to sign the PV cards** at the PV venue before athletes are allowed to warm-up. The cards will be at the PV area. We plan to start competition at 4 PM.

**Team Areas:** To help keep the athletes safe and minimize interference with the races on the track, athletes should remain in their team area (outside the track) until it is necessary to warm up or report for their event. No athletes should be on the infield unless they have been called to the Clerking table for their event or are warming up for the next event. **It is the responsibility of each coaching staff to monitor the athletes of your school.**

**Spectators:** Admission for spectators (\$5/adult; \$3/students). **Cash Only.**

**Officials:** If you have a question or issue to address during the meet, please do so professionally with the officials. We will do our best to resolve your concerns within the NFHS Rules and the policies and regulations determined by your Games Committee.

If you have any questions or input, you can email me at [JmacTrack77@yahoo.com](mailto:JmacTrack77@yahoo.com).

Let's give the athletes a safe, well managed, competitive and enjoyable meet.

Thanks,  
John MacGillivray  
Meet Director – GMCTCA Spring Relays

**GMC Coaches Assn - 2026 Middlesex County Spring Relay Championships**  
**Event Rules and Schedule - Day 1 - Tue, April 28; 4 PM Start**

- **Seeded heat last in all races**
- **Boys 1<sup>st</sup>** in all running events
- Lane preference on lane starts: **4, 3, 5, 2, 6, 1**
- **Anchor legs for all races wear Left Hip #'s**
- **DMR, SMR, 4x1600 and 4x800** – all runners wear a **chest #**
- NO team should run in a heat alone

**Event # 1- Varsity 3x400 Intermediate Hurdles Relay**

- Heats of 6 Individuals will be seeded and run based on Individual 400 IH times. Seeded heat last. Teams must have 3 hurdlers to compete.

**Event # 2- Varsity 4 x 1600M (2 alley start)**

- One heat. Top seeds in outside alley with 1 turn break on the back straight. Teams are responsible for running the correct number of laps.

**Event # 3- Varsity 4 x 200M**

- Run **ALL HEATS** with lead-off leg in lanes – 2 turn stagger (solid white start lines.) 1<sup>st</sup> and 2<sup>nd</sup> exchanges in assigned lanes (30 Meter zones.) 3<sup>rd</sup> runner may break after receiving the baton. 3<sup>rd</sup> exchange in the common exchange zone (20 Meter zone.) Preferred lanes: 4,3,5,2,6,1.

**Event # 4 – Novice Sprint Medley** – Running order 200-200-400-800.

- Run **ALL HEATS** with lead-off leg in lanes – 2 turn stagger (solid white start lines.) 1<sup>st</sup> and 2<sup>nd</sup> exchanges in assigned lanes (30 Meter zones.) 3<sup>rd</sup> runner may break after receiving the baton. 3<sup>rd</sup> exchange in the common exchange zone (20 Meter zone.) Preferred lanes: 4,3,5,2,6,1.

**Event #5 - Varsity Sprint Medley** – Running order 200-200-400-800.

- Run **ALL HEATS** with lead-off leg in lanes – 2 turn stagger (solid white start lines.) 1<sup>st</sup> and 2<sup>nd</sup> exchanges in assigned lanes (30 Meter zones.) 3<sup>rd</sup> runner may break after receiving the baton. 3<sup>rd</sup> exchange in the common exchange zone (20 Meter zone.) Preferred lanes: 4,3,5,2,6,1.

## **GMC Coaches Assn - 2025 Middlesex County Spring Relay Championships** **Event Rules and Schedule - Day 2 - Wed, April 29; 4 PM Start**

- **Seeded heat last in all races**
- **Boys 1<sup>st</sup>** in all running events
- Lane preference on lane starts: **4, 3, 5, 2, 6, 1**
- **Anchor legs for all races wear Left Hip #'s**
- **DMR, SMR, 4x1600 and 4x800** – all runners wear a **chest #**
- NO team should run in a heat alone

### Event # 1- **Varsity 4 x 800M** (2 alley start)

- One heat. Top seeds in outside alley with 1 turn break on the back straight. Teams are responsible for running the correct number of laps.

### Event # 2- **Varsity Shuttle Hurdles Relay**

- Heats will have 3 teams. Top seeds in middle lanes (1/2, 4/5, 7/8). There will be an **open lane between each team's alley**. Girls use **Gold Marks** – 100M / Boys use **Blue Marks** – 110M. 10 Flights of hurdles.

### Event # 3- **Novice 4 x 800M** (2 alley start)

- One heat. Top seeds in outside alley with 1 turn break on the back straight. Teams are responsible for running the correct number of laps.

### Event # 4- **Varsity 4 x 100M**

- Run **ALL HEATS** with lead-off leg in lanes – 2 turn stagger (solid white start lines.) All exchanges in assigned lanes (30 Meter zones.) Preferred lanes: 4,3,5,2,6,1. If possible, leave **Lane #1 Empty for Seeded Heat**.

### Event # 5- **Varsity Distance Medley** - Running order 1200-400-800-1600. (2 alley start)

- One heat. Top seeds in outside alley with 1 turn break on the back straight. Teams are responsible for running the correct number of laps.

### Event # 6 – **Varsity 4 x 400M**

- Run **ALL HEATS** with lead-off leg in lanes – 2 turn stagger (solid white start lines.) 1<sup>st</sup> exchange in assigned lanes (20 Meter zone.) 2<sup>nd</sup> runner may break after receiving the baton. Preferred lanes: 4,3,5,2,6,1.

## Field Events

**Varsity Shot Put Relay:** 3 competitors per team. Girls on Tuesday; Boys on Wednesday

- 3 Throws/athlete - NO FINALS. Top distance from each teams' throwers will be added together
- Team members will throw in consecutive order. Flights will be formed in advance with starting times. These will be posted on our Milesplit Meet Page.
- All competitors have to get a legal mark for team to score.
- Team scoring ties will be decided using 'second throws' criteria.

**Varsity Javelin Relay:** 3 competitors per team. Girls on Tuesday; Boys on Wednesday

- 3 Throws/athlete - NO FINALS. Top distance from each teams' throwers will be added together
- Team members will throw in consecutive order. Flights will be formed in advance with starting times. These will be posted on our Milesplit Meet Page.
- All competitors have to get a legal mark for team to score.
- Team scoring ties will be decided using 'second throws' criteria.

**Varsity Discus Relay:** 3 competitors per team. Boys on Tuesday; Girls on Wednesday

- 3 Throws/athlete - NO FINALS. Top distance from each teams' throwers will be added together
- Team members will throw in consecutive order. Flights will be formed in advance with starting times. These will be posted on our Milesplit Meet Page.
- All competitors have to get a legal mark for team to score.
- Team scoring ties will be decided using 'second throws' criteria.

**Varsity Long Jump Relay:** 3 competitors per team. Girls on Tuesday; Boys on Wednesday

- 3 Jumps/athlete - NO FINALS. Top distance from each teams' jumpers will be added together
- This will be conducted as an **Open Pit (4:15 – 6:30)** Competition ends at 6:30 sharp.
- All warm-ups must be done before 4:15.
- All competitors have to get a legal mark for team to score.
- Team scoring ties will be decided using 'second jumps' criteria.

**(continued)**

### Field Events - Continued

**Varsity Triple Jump Relay:** 3 competitors per team. Boys on Tuesday; Girls on Wednesday

- 3 Jumps/athlete - NO FINALS. Top distance from each teams' jumpers will be added together
- This will be conducted as an **Open Pit (4:15 – 6:30)** Competition ends at 6:30 sharp.
- All warm-ups must be done before 4:15.
- All competitors have to get a legal mark for team to score.
- Team scoring ties will be decided using 'second jump s' criteria.

**High Jump Relay:** 3 competitors per team. All jumpers must check in prior to 3:45. Boys - Tuesday; Girls - Wednesday

- Schools must have 3 jumpers check-in and actively compete. **NO Individuals.**
- **Girls** Opening heights/Increments: 4'0", 4'3", 4'6", 4'9", 5'0", then 2" increases.
- **Boys** Opening heights/Increments: 5'0", 5'3", 5'6", 5'9", 6'0", then 2" increases.
- Increments subject to change based on number of teams that declare each day.
- **No Waiting Time** – the bar keeps moving up. Plan your attempts accordingly.
- All competitors have to clear a height for a team to score.
- If one team member "No Heights", the remaining team members will be removed from the competition.
- Team scoring ties will be decided using 'least misses' criteria. **NO JUMPOFFS.**

**Pole Vault Relay:** 2 competitors per team. All vaulters must check in and have poles inspected prior to 3:45.

- Schools must have 2 vaulters check-in and actively compete. **NO Individuals.**
- **Girls** (Tue) Opening Heights/Increments: 6' then 6" increases.
- **Boys** (Wed) Opening Heights/Increments: 8' then 6" increases.
- Increments subject to change based on number of teams that declare each day.
- All competitors have to clear a height for team to score.
- If one team member "No Heights", the remaining team members will be removed from the competition.
- Team scoring ties will be decided using 'least misses' criteria. **NO JUMPOFFS.**