

Box Elder Relay Invitational

State Qualifying Meet

The 2011 Box Relays are back and plan on being great. We have a new high jump pit purchased last year. Our shot put rings have been redone with sand. We are looking forward to having this become an annual meet again.

Start Times: Friday April 29th, 2011 @ 3:00PM
Coaches Meeting 2:30 PM at the purple building
Running Events will start at 4:00 PM
Field events will start at 3:00 PM

Place: Box Elder High School Track
380 S. 600 E. Brigham City, Utah

Awards: Medals for top finishing relay team only.
Trophy for the winning boys and girls team.

Cost: \$60 per team
\$100 for school
\$8 per relay entry this includes extra relays.
\$5 per individual entry

Registration: Registration will be done online on runnercard.com but you will need a password for the meet. So contact the following two individuals for the password.
Jeff Rawlins at (435)770-2399 or Jeffrey.rawlins@besd.net
Randall Gilbert (435)764-1372 or Randall.gilbert@besd.net

We will be limiting the number of teams in the meet so please sign up early. Please call us to let us know you are coming to the meet. Thanks.

All field relays will consist of 4 members and the best mark of each thrower/jumper will be added together to determine the winning relay team. All field events will be counted as qualifying events for state.

The following relays marked with a # symbol will be ran as individual events with the marks added together to determine the winning relay team. This allows them to still be counted as qualifying events for state.

The 4 x 100, medley, and 4 x 400 relay will be ran as they normally are with no changes.

Schedule of events: Girls, then boys in all running events

Friday – 4:00 PM start time

#4 x 1600m

4 x 100m

#100 Hurdles

#110 HH Hurdles

1600m Medley

Distance Medley (800, 400, 1200, 1600)

Lunch Break of 15-30 minutes (This may be shorter depending how fast the track meet is moving along)

4 x 400m

4 x 800m

800m Sprint Medley (100, 100, 200, 400)

4 x 200m

#4 x 300m Hurdles

Open 100 (This will not be counted toward an individual's 4 event limitation. We are asking teams limit the number of competitors in this event to at most 3 individuals. This is non-scoring event also.)

Friday – 3:00 PM start time

Javelin (Boys followed by Girls)

Long Jump (Girls followed by boys)

High Jump (Boys followed by girls)

Shot Put (Girls followed by boys)

Discus (Boys followed by girls)

Triple Jump (This will follow the completion of the long jump.)