

# 1<sup>st</sup> Annual Wildcat Relays

## Friday, March 1<sup>st</sup>, 2019

### Order of Running Events – Starting @ 4:00PM

1. Distance Medley Relay – (1200m-400m-800m-1600m)
2. Girls 100m Hurdles
3. Boys 110m Hurdles
4. Sprint Medley Relay – (100m-100m-200m-400m)
5. 4x800m Coed – (Girl-Boy-Girl-Boy)
6. 4x100m Coed – (Boy-Girl-Boy-Girl)
7. Elimination Mile – Explained Below
8. 4x400m Coed – (Girl-Boy-Girl-Boy)

### **The Elimination Mile:**

This is an epic race! Each heat will consist of 6 runners. The race will be started as normal, but at the end of each lap, the runner in last place will be eliminated. There will be only 3 racers left on the last lap. Check out this YouTube video to get a better idea of the race.

<https://www.youtube.com/watch?v=qZ5YC-EeOSU>

**Coed relays must be ran in the order shown above.**

### Field Event Schedule:

4:00 PM	6:00 PM
Girls Javelin	Boys Javelin
Boys Discus	Girls Discus
Girls Shot Put	Boys Shot Put
Boys Long Jump	Girls Long Jump
Girls Triple Jump	Boys Triple Jump
Girls High Jump	Boys High Jump
Girls Pole Vault	Boys Pole Vault

We will be very lenient with athletes competing in different events going on at the same time. Just make sure to have your athletes let the event official know if they need to check out for a running event or another field event.

### Cost:

\$5 per athlete, \$10 per relay

Schools may pay at the meet or you may mail your checks to:

Scottsboro High School  
Attn: Luke Robinson  
25053 John T Reid Pkwy  
Scottsboro, AL 35768

**Entry Deadline:** Tuesday, February 26<sup>th</sup> @ 11:59PM

### Individual Awards:

Medals will be given to to the top 3 in each event.

### Team Awards:

This meet will be scored as one big coed meet. We will crown ONE Team Champion and ONE Team Runner-up.

## Team Scoring

1. Field Events
  - a. In each field event, each team's top boy and top girl mark will be combined to get the team score for that event.  
Example: Your top boy shot put mark is 38' and your top girl mark is 32'. That would give your team a shot put mark of 60'
  - b. You may enter as many as you would like into each event, but your top boy and top girl are the only ones that will score for your team. You can still have multiple athletes on your team that receive a medal in that event.
2. 100m Hurdles & 110m Hurdles
  - a. Your top boy hurdler and top girl hurdler's time will be combined to give your team a hurdle mark. It will be scored the same way as the field events.
3. Distance Medley & Sprint Medley Relays
  - a. Scored as normal
  - b. 1<sup>st</sup> – 10pts, 2<sup>nd</sup>-8pts, 3<sup>rd</sup>-6pts, etc.
4. Coed Relays
  - a. Scored as normal
5. Elimination Mile
  - a. Your top boy and girl times will be combined to get your team's Elimination Mile time.