RELAY MEET ORDER OF EVENTS

DATE: **Canceled for 2022**
PLACE: **Asbury Park High School**
TIME: **4:00 p.m. Start Time**
RAIN DATE:

(Boys events first on even years; Girls events on odd years)

Running Events:

1. **Distance Medley: Order: 1200M- 400M- 800M- 1600M**
2. **4 x 100 M Relay**
3. **4 x 800 M Relay**
4. **4 x 200 M Relay (i.e. 1st 2 Legs in lanes; 3rd Leg will cut in after receiving the baton_**
5. **Sprint Medley Order: 400M- 200M- 200M- 800M (400M will be run in lanes; 1st 200M Leg will then cut in after exchange)**
6. **4 x 400 M Relay (i.e. 1st Leg run in Lanes)**

STUDENT-ATHLETE ELIGIBILITY:

Relay Meet athletes may compete in 4 events.
(i.e. Any combination of running/field events)
**May List an Alternate
RUNNERS SHOULD BE LINED UP ALONG THE FENCE AS THEY ARE NOTIFIED OF THEIR PLACES

****We will no longer be sending in rosters for the Relay Meet…Cards will be filled out by the divisional coaches and placed in bins or folders upon entry into the meet.**

****Mr. Mark Gallup and Mr. Hayes have volunteered to assist in the seeding of the runners for each track-related event.**

**** Coaches for each division shall continue to complete cards for runners (i.e. seed times) and field competitors (i.e. distances). COACHES ARE EXPECTED TO MAINTAIN THE INTEGRITY OF COMPETITION BY FILLING IN THE SEED TIMES AND DISTANCES THAT ATHLETES HAVE SECURED IN THE REGULAR SEASON AND NOT THOSE SEED TIMES OR DISTANCES THEY HOPED THEIR ATHLETE WOULD HAVE SECURED IN A DIVISIONAL MEET.**

****For field-related events, coaches shall continue to utilize cards and athletes**

shall be placed in flights or a first-come first serve basis.

RELAY MEET PROTOCOL:

1. **Coaches will fill out a card with the seed / distance on the card.**
2. **Competitor names on the Red/Orange=(Girls); Blue (Boys)**
3. **For HJ there are 2 sides for both of your competitors. Red=Girls; Blue=Boys**
4. **High Jump: "6 jump rule" will be used.**
5. **Opening Heights Relay Meet: Girls 3'10"and Boys 4'2"**
6. **Girls will start first then the official will work in the boys.**

MEDALLIONS: 1st, 2nd, 3rd Places shall be awarded for the Relay Meet

***The Howell South and Marlboro Middle Schools have volunteered to secure additional mats, bars, and stanchions for the high jump so that there are two open pits for jumping.**