

2026 Braswell Bengal Relays

Thursday March 5th, 2026

Gates to the stadium open at 3:30pm. Entry fees: \$5 for adults, \$2 for students

Coaches Meeting: 2:30pm in Visitors locker room

- The warm up zone will be on the football field. Please use red hurdles for warm up. **DO NOT MOVE BLACK FLIGHTED HURDLES ON FOOTBALL FIELD.**

Meet Schedule

3PM - Field Events Begin

Throwing/ Jumping events: 3 throws/jumps in each division

Order of Field Events:

- For **long jump** and **triple jump**, we will record at least one fair attempt for each athlete. Afterwards, minimum standards will be used.
Number beside each division is the minimum:

Triple Jump: VG, VB, JVG, JVB

Long Jump: VB(minimum 17 ft), VG, JVB, JVG

Pole Vault:

- Divisions will compete together (JVG/VG, JVB/VB)
- Entry heights
 - JVG - 6'6, VG - 7'6; JVB - 9', VB - 10'
- We will increase height in 6 inch increments.

Shot Put: VB, VG, JVB, JVG

Discus: VG, VB, JVG, JVB

We will pool all shot puts and discuses. Each competitor can make one independent attempt during the first rotation of their flight and will receive a mark placed in the field. Attempts 2 and 3 will occur consecutively and will only be recorded if they are further than their current mark in the field.

Please have your athlete report with two implements prepared for their next final two throws. Each athlete's furthest marks in the field will be measured at the end of each flight.

High Jump: JVG/JVB, VG/VB - We will operate two pits simultaneously.
Girls West Pit/Boys East Pit

Starting heights:

JVG - 4'2, JVB - 5'2 , VG - 4'6 , VB - 5'6

We will increase height in 3-inch increments.

3200m races will begin at 4:00pm

2nd Session Running Events 5:00PM - *Schedule will be rolling*

JV athletes at long and triple jump may have to get all 3 of their jumps simultaneously to ensure that they do not miss an early running event.

We will allow varsity high jumpers to leave the competition area to compete in a running event and then return to high jump competition.

Due to the 10pm cut off time, we will move quickly, but efficiently. After your athletes have received their hip numbers at the check in table, they will report to the staging area for their race(location where their race will start). If your athlete is coming from a field event and has not checked in at the check in table, we will have hip numbers at the starting zone.

Once the heat clerk has placed athletes in the order of their heats, they will depart to the next race staging area. Remind your athletes to remember their heat and division.

- 4x100m Relay
 - 800m Run
- 100m Hurdles (JVG,VG)
- 110m Hurdles (JVB/VB)
 - 100m Dash
- 4x200m Relay
 - 400m Dash
- 300m Hurdles – Both girls divisions will run before the boys
 - 200m Dash
 - 1600m Run

- 4x400m Relay

Awards will be collected at the south elevator lobby following the conclusion of the track meet.