

18TH FCA RELAYS

March 25th, 2022

*T.C. Roberson HS
L. Guy Ensley Stadium*

*250 Overlook Road
Asheville, NC 28803*

- Entries must be entered no later than **Midnight on Wednesday, March 24th.**
- **Arrival to campus:** Please enter campus from Springside Dr. between the tennis courts, if possible and arrive before 3:15 or after 3:30. The stadium will be on your left. Park your buses alongside the stadium beside the sidewalk between the scoreboard and pressbox.
- All Field events will be scored by total distance by school and the Team Mile will be scored Cross Country style. **Each field event has a max of 4 per event.** The best individual marks will be added together for a team mark. Milesplit will recognize individual marks so it can be counted towards Regional qualifying along with 4x100m, 4x800m, and Team Mile. If you have less than 4 athletes for a field event, you may still enter those in the event.
- **FCA Huddle @ 3:30.** FCA of WNC will have a guest speaker for this volunteer devotion on the infield. This is an opportunity to receive words of encouragement before the meet begins. We will stop all meet activities so athletes and coaches can be present.
- **Coaches Meeting / Scratch Meeting:** Immediately following completion of the guest speaker. We will meet in the timing area. This will be a time to fix any relay entries that were entered into Milesplit, if need be Relay Cards will be on hand at the meeting and the timing tent.
- **Coaches / Officials / Volunteers:** Schools must fill out the [Team Assignment Form](#) to receive a shirt. There will be a spot to enter your coaching staff's shirt sizes. You can pick those up at the concession stand on the visitor side. Tickets for shirt pick up will be located in your packet. **You must fill out the form to receive a shirt!**

- **Field events start promptly at 4:00.** The best mark of each teammate will be added together to get their team mark. We will be running an open pit in the long and triple jumps. Triple Jump will happen at Pit “A”, closest to the scoreboard and Long Jump will happen at Pit “B”. Athletes will check-in at their field event and will have until the pits close to complete their 3 attempts. **Pits will close at 5:30.**

- ❖ Event Winners will receive a FCA Relay Champion Shirt courtesy of FCA of WNC. Shirt distribution will be located at the concession stand on the visitor side as well. **One shirt per athlete, even if they won multiple events.**
 - Once an event result has been announced, athletes will pick up shirts from the concession stand.

 - We will only give shirts to athletes on the relay entries from Milesplit, so if there are any changes after the deadline (which there will be I’m sure), please fill out a relay card, located at the timing table and give it to the timers.

- ❖ Each school must choose an assignment for the meet. We need **ALL** hands on deck. Please wear the FCA Relay Shirts while you are officiating an event.

- ❖ We need **at least one person** from each school representing each field event & exchange zones. I cannot guarantee that what you pick is what you will do, so you can pick first, second, and third choices.

[CHOOSE YOUR TEAM'S MEET ASSIGNMENT HERE](#)

Contact Colton Brackett, meet director, with any questions or more info.
colton.brackett@bcsemail.org

Meet Schedule

★ 3:30- FCA Huddle

★ 4:00- Field Events Begin

- High Jump (*girls first*)
- Discus (*boys first*)
- Shot (*girls first*)
- Pole Vault (*girls first*)
- Long Jump (*Pit A, open pit till 5:30*)
- Triple Jump (*Pit B, open pit till 5:30*)

★ 4:00- Running Events Begin

- David Culp Girl's Team 1600m
- Henry Weaver Boy's Team 1600m

★ 4:30- Running Events (*Rolling Schedule*)

- Shuttle Hurdle Relay *Visitor Side S/F Line and HAND TIMED*
- 3200m Relay (4x800)
- 1600 Meter Medley Relay (200, 200, 400, 800)
- 400m Relay (4x100)
- ▲ Throwing's Relay (4x100) : *must have competed in Shot or Discus prior*
- Distance Medley Relay (1200, 400, 800, 1600)
- Sprint Medley Relay (100, 100, 200, 400)
- Manteo Mitchell's Mixed 1600 Meter Relay (4x400): *2 boys and 2 girls*

▲ = Event ran at conclusion of Field Events

Relay Exchange Zones

Rule 5-3-3 & 4, 5-10-6 thru 11: Clarifies that in the 4x100-meter relay and 4x200- meter relay, and other relays with legs of 200 meters or less, each exchange zone will be 30 meters long All exchange zones for races more than 200 meters will remain at 20 meters.

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| 4x100m | <p><u>Lane race all the way</u></p> <ul style="list-style-type: none"> • Runner must be inside of international mark • Exchange is between small triangle to SECOND BIG TRIANGLE (30m) | |
| 1600m Medley | <p><u>200m-200m-400m-800m</u></p> <ul style="list-style-type: none"> • 4 Turn Stagger • Lane race for the 200-200 (red to red) • 400m stays in lane for 300m then break <ul style="list-style-type: none"> ➢ end of 2nd turn (Gold Triangles) • Last exchange Preferred between blue triangles | |
| 100m Shuttle H | <p><u>Two lanes per team, Yellow Marks</u></p> <ul style="list-style-type: none"> • 1st & 3rd leg: Start at Yellow Line <ul style="list-style-type: none"> ➢ Odd Lane • 2nd & 4th leg: Start at white line <ul style="list-style-type: none"> ➢ Even Lane • Runner passes white line next leg starts | |
| 110m Shuttle H | <p><u>Two lanes per team, Blue Marks</u></p> <ul style="list-style-type: none"> • 1st & 3rd leg: Start at Blue Line <ul style="list-style-type: none"> ➢ Odd Lane • 2nd & 4th leg: Start at white <ul style="list-style-type: none"> ➢ Even Lane • Runner passes white line, next leg starts | |
| 4x800m | <p><u>Waterfall start</u></p> <ul style="list-style-type: none"> • Each runner will break inside at the start • Preferred Exchange • 2 laps per runner | |
| SMR | <p><u>100m-100m-200m-400m</u></p> <ul style="list-style-type: none"> • First two exchanges, yellow to yellow • Last exchange red to red • 400m can break after exchange | |
| DMR | <p><u>1200m-400m-800m-1600m</u></p> <ul style="list-style-type: none"> • Waterfall start • Runners will run segment of race • Exchange will be preferred | |
| Mixed 4x400m | <p><u>Staggered start</u></p> <ul style="list-style-type: none"> • 1st leg, lane all the way (3 turn stagger) • 2nd leg, break inside at the green break line • 3rd/4th legs, stay inside | |