

2010 Zephyr Relays Time Schedule

Track Events

Girls Shuttle Hurdles	9:30 am
Boys Shuttle Hurdles	9:45 am
Girls 4 x 200	10:00 am
Boys 4 x 200	10:15 am
Girls Distance Medley	10:30 am
Boys Distance Medley	11:00 am
Intermission	11:30 am
Girls 4 x 100	12:00 pm
Boys 4 x 100	12:15 pm
Girls 4 x 800	12:30 pm
Boys 4 x 800	1:00 pm
Girls Sprint Medley	1:30 pm
Boys Sprint Medley	1:45 pm
Girls 4 x 400	2:00 pm
Boys 4 x 400	2:15 pm

Field Events

Girls Discus, Boys Javelin	9:00 am
Girls and Boys Triple Jump	9:00 am (Boys pit A – Girls pit B)
Girls P.V. – Boys H.J.	9:00 am
Girls Javelin, Boys Discus	11:00 am
Girls and Boys Long Jump	11:00 am (Girls pit A – Boys pit B)
Boys P.V. – Girls H.J.	11:30 am
Girls and Boys Shot Put	1:00pm (2 circles open)

No competitor may compete in more than **four** (4) events. Please impress upon your athletes the importance of reporting to the clerk at the seeding benches in the infield immediately upon hearing the first call for the event so that events can be set up without delaying the meet. Remind those athletes involved in field events at the time of first call for a track event that they **ASK THE FIELD EVENT OFFICIAL TO BE EXCUSED TO REPORT FOR THE RUNNING EVENT. THEY ARE ALSO RESPONSIBLE FOR REPORTING BACK TO THAT OFFICIAL IMMEDIATELY AFTER THEIR RUNNING EVENT HAS BEEN COMPLETED.**

RULES AND REGULATIONS:

All contestants must meet P.I.A.A. eligibility requirements.

In the field events (Shot, Discus, Javelin, Long, and Triple Jumps) contestants will be given four (4) attempts. The best performance in any of these four (4) attempts will count. In the High Jump and Pole Vault, a contestant will be eliminated after four (4) total misses or three (3) at the same the same height. Please advise your athletes of these standards.

COACHES ARE ASKED TO PLEASE TAKE THE TIME TO HAVE THE AREA WHERE YOUR TEAM WAS LOCATED DURING THE MEET CLEANED UP OF ALL TRASH! YOUR COOPERATION IN THIS REGARD IS GREATLY NEEDED AND GREATLY APPRECIATED!

NOTES

ADMISSION: Spectator admission will be as follows: Adults - \$5.00
Students - \$2.00

CONCESSIONS: Concession stand will be open. T-shirts will also be on sale.

SPIKES: Runners should not wear spikes longer than 1/8 inch. Spikes over 1/8 will hinder performance and possibly tear the surface as per track manufacturer specifications.

BLOCKS: All Blocks will be provided by Whitehall School District.

PARKING: All buses should park in the football stadium lot
Tents Tents may be placed around track **BUT NOT IN STANDS**