

TIMPANOGOS RELAYS

April 16, 2019

Dear Coach,

The Timpanogos Relays will be held Tuesday, April 16th at 3:30pm at American Fork High School. Included in this letter is a schedule of events. All events are relay events; the field events will be scored by totaling the best efforts of the four entrants. We will not combine the boys and girls races. Only one team per school will be allowed for each event, except in the 4 X 1600 and 4 X 800, you can have 2 teams.

Entry fees: \$ 50.00 Boy's team

\$ 50.00 Girl's team

Awards: Medals will be awarded to all the first place relay teams.

Trophies will be awarded to each team champion.

Please have your team's report to the bull pen located outside of the track (north end of the bleachers). We will randomly draw for heat and lane assignments before the meet. If we need to assign lanes or make changes we will do it in the bull Pen. We need to have team fill in a roster before each race, which will also be in the bull pen.

We cannot run this meet with out your assistance. If you could help us with one of the field events it would be greatly appreciated. Please email me bmyrup@alpinedistrict.org as soon as possible to pick your event.

Please refer to the schedule as to which events are first. We will be running an exhibition 4X100 relay for the weight men/weight women. Only those competitors for the shot put, discuss, and Javelin are eligible.

Order of Events

| | |
|---------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 3:30 pm | Start Field Events (Four Throwers and Jumper added together) Boys: Shot Put, Javelin, High Jump Girls: Discus, Long Jump, Pole Vault (Exhibition Only) |
| 3:30 pm | 6400 Meter Relay (4X1600m) |
| 4:30 pm | 400 m Hurdles (Shuttle Relay 4 X 100 m) |
| 4:50 pm | 800 Meter Relay (4 X 200m) |
| 5:05 pm | Distance Medley Relay (1200, 400, 800, 1600) |
| 5:45 pm | 400 Meter Relay (4 X 100m) |
| 5:55 pm | Medley Relay (200,200,400,800) |
| 6:15 pm | 1200 Meter Low Hurdles (4 X 300m, Times added together) |
| 6:35 pm | 3200 Meter Relay (4 X 800m) |
| 7:00 pm | Sprint Medley Relay (100, 100, 200, 400) |
| 7:15 pm | 1600 Meter Relay (4 X 400m) |
| 7:30 pm | 400 Meter Relay (4 x 100m) Weight Throwers (Exhibition Only) |
| 7:45 pm | Award Ceremony |