

CARSON & LEE WACO RELAYS

420 RIDDLEVILLE ROAD

SANDERSVILLE, GA 31082

SATURDAY, MARCH 28TH, 2015

GENERAL INFORMATION- THERE WILL BE QUALIFYING FOR THE EIGHT BEST TIMES FROM ALL HEATS IN EACH EVENT.

Entry Fee: \$75.00 per team, and \$140 for both boys and girls team. Please make checks payable to Washington County High School Track.

- The meet will be a FAT (Fully Automatic Timing) by Fast Feet Timing.
- An honoring ceremony will be held at 9:00 am for Alferd Carson & Charlie Frank Lee. A coaches meeting will be held at 9:30 am on Saturday March 28th. All participating schools should be represented. The meet is divided into two sessions. The first sessions begin at 10:00 am with Finals in field events, the 3200 meters run, and 300 meters intermediate hurdles . The second sessions will begin at 12:30 pm with the running events
- The track is an eight lane all-weather surface. Track spikes must be 1/4" or less.
- Shot and discus areas are concrete. Rubber sole shoes are needed.
- Starting blocks will be provided. Shots will be weighed and discuses will be checked.
- Each school may enter two athletes in each individual event and enter two teams in the relays.
- Heats and flights will be set according to times and distances sent in.

PROCEDRES FOR ENTERING THE MEET

PROCEDRES FOR RUNNING THE MEET

- All events will be announced over the P.A. system. Your team attention to each call is indispensable. Athletes must report to the clerk of the course on the First call. Failure to report in time may lead to a possible disqualification.
- Events will be held at the scheduled times, if possible. It is each coach responsibility to

have their athletes in proper place at the proper time.

- Participants are asked to stay in their lanes and walk back toward the finish line after each running event.
- As soon as places of finish are determined after each event, presentation of awards will be made.
- Team trophy and high point trophies (girl & boy) will be represented at the conclusion of the meet. Let us know if you feel that you have a participant in the running for the high point trophy award near the conclusion of the meet.
- Scoring are as follow: 10, 8, 6, 5, 4, 3, 2, 1
- The 3200 meters and the 300 meters intermediate hurdles will be run during the First Session.
- Please review rules concerning entries, uniforms, jewelry, etc. prior to meet.
- All head coaches will serve on the game committee if a dispute arises except the coach of the team in dispute.

FIRST SESSION:

FIELD EVENTS-Each individual will be given THREE jumps or THREE throws in their event.

9:30 am

Shot Put- Boys (will measure 40' or better)

Discus Throw – Girls (will measure 75' or better)

Long Jump – Girls (will measure 15' or better)

Triple Jump – Boys (will measure 39' or better)

High Jump – Girls (starting height 4'6")

Pole Vault – Boys (starting height 9'0")

11:00 am (Or as soon as boys and girls can swap)

Shot Put- Girls (will measure 30' or better)

Discus Throw – Boys (will measure 100' or better)

High Jump – Boys (starting height 5'8")

Triple Jump – Girls (will measure 30' or better)

Long Jump – Boys (will measure 18' or better)

Pole Vault – Girls (starting height 6'0")

3200 Meter Run Boys & Girls

300 Intermediate Hurdles Boy & Girls

SECOND SESSION- 12:00 PM

RUNNING EVENTS

11:45am- First Call

11:50am- Second Call

11:55am- Third Call

12:00pm-

4 x 100 Meter Relay- Girls

4 X 100 Meter Relay- Boys

1600 Meter Run – Girls

400 Meter Dash – Girls

400 Meter Dash - Boys

100 Meter Dash- Girls

100 Meter Dash- Boys

100 Meter Hurdles- Girls

110 Meter Hurdles – Boys

800 Meter Run - Girls

800 Meter Run – Boys

200 Meter Dash - Girls

200 Meter Dash - Boys

1600 Meter Run – Boys

4 X 400 Meter Relays – Girls

4 X 400 Meter Relays – Boys

PRESENTATION OF TEAM AND HIGH POINT TROPHY'S AWARDS.

All GHSA rules in reference to event entries will apply (Max 5 events, 3 open and 2 relays)

Any questions please contact:

Coach Greg Cooper- gcooper@washington.k12.ga.us

Coach Marlo East- meast@washington.k12.ga.us

Coach Carlos Hope- chope@washington.k12.ga.us