

## MOUNT DE SALES RELAYS

Saturday, March 11th, 2016

@ Cavalier Fields / 4659 Cavalier Drive / Macon, GA 31220

- Thank you for your interest in the 2017 Mount de Sales Relays! This event is open to any GHSA school and will follow a format described below. An approximate schedule of events is also listed.

- A school may enter an unlimited number of athletes in each field event, which will be scored by team only. A team's score will be based on the composite sum of the top performances of its best 3 athletes. A school may enter less than 3 competitors, but will be at a disadvantage in team scoring.

- A school may enter multiple relay teams of 4 athletes per team in each track event.

- The shuttle hurdles relay will consist of successive competitors running in opposite directions in adjacent lanes.

- For each event, the winning school will receive 5 points. Ribbons will be presented to the competitors on the winning team in each event. Trophies will be presented to the top two teams overall in each gender.

- There is no entry fee or admission charge for this meet.

- Submission of entries will occur by email.

- GHSA Sanctioning will be requested for this meet.

- Please contact Jeff Dobias (jdobias@mountdesales.net) ASAP if you are interested in attending or would like more information.

10:00 A.M.      Field Event Rotation #1 (simultaneous)  
                    Girls Discus, Girls Long Jump, Girls Pole Vault  
                    Boys Shot Put, Boys Triple Jump, Boys High Jump

11:00 A.M.      Track Event Rotation #1 (in order)  
                    4x100m Relay  
                    4x800m Relay  
                    Shuttle Hurdles Relay

12:00 P.M.      Field Event Rotation #2 (simultaneous)  
                    Girls Shot Put, Girls Triple Jump, Girls High Jump  
                    Boys Discus, Boys Long Jump, Boys Pole Vault

1:00 P.M.        Track Event Rotation #2 (in order)  
                    4x200m Relay  
                    Distance Medley Relay (1200-400-800-1600)  
                    4x400m Relay

2:30 P.M.        Awards

Note: The format of this meet is modeled partly after the Catty Relays, which was once hosted on an annual basis by Catasauqua (PA) High School.

