

**Spring Fling
Middle School Relays
Winder-Barrow High School
Winder, Georgia
Saturday, March 2, 2013**

Each team may enter up to:

- **One** relay team for each relay.
- **Two** participants in the individual races (including distance).
- **Two** participants into each field event.

Event Limitations:

Athlete Participation: Each athlete may participate in a maximum of five total events, with a maximum of three running events and a maximum of three field events. The running events may include any combination of relays and individual running events. Any combination of running and field events is permitted, provided the athlete is limited to three in either category. Examples of event combinations are as follows:

- a. Two field events and three running events
- b. Three field events and two running events
- c. One field event and three running events
- d. Three field events and one running event
- e. Zero field events and three running events
- f. Three field events and zero running events

If a competitor exceeds participation limitations, all individual points, team points, and places earned by that competitor in the meet shall be forfeited and the competitor disqualified from further competition in that meet.

Team Scoring

1 st	10 pts.
2 nd	8 pts.
3 rd	6 pts.
4 th	4 pts.
5 th	2 pts.

6th

1 pt.

Events:

<u>Field Events</u>	<u>Individual Running Events</u>	<u>Relay Events</u>
Discus Throw		4 x 100 m
Shot Put	100/110 m hurdles	4 x 200 m
High Jump	400 m run	4 x 400 m
Triple Jump	800 m run	Sprint Medley – 100, 100, 200, 400
Long Jump	1600 m (1 mile) run	Thrower's Relay*
	3200 m (2 mile) run	

Order/Schedule of Events:**Field Events:**

9:00 Boys: Discus, Triple Jump

Girls: Discus, High Jump, Long Jump

10:15 Boys: Shot Put, Long Jump, High Jump

Girls: Shot Put, Triple Jump

Running Events (girls followed by boys in all races):

11:00 2 Mile run

11:30 100/110 m hurdles

12:00 800m run

12:30 4 x 100m Relay

12:50 Throwers Relay (4 x 100m)*

1:10 400m run

1:45 Sprint Medley (100, 100, 200, 400)

2:30 1-mile run

3:00 4 x 200 Relay

Recovery break (if time permits)

3:45 4 x 400 m Relay

4:30 Awards Ceremony

*The thrower's relay is an event designed to serve as a break from the normal routine of a track meet. It's a lot of fun, and it will not count as points for or

against your team score. There will be a limit of one thrower's relay team per school. **Participation in the Thrower's Relay does not count against an athlete's maximum of five events.** This team will consist of four of your throwers – two boys and two girls – from the morning's field events. They will run the relay alternating between the girls and boys. You may decide whether to start a boy or a girl. Although no points will be awarded for this event, medals and ribbons will be issued.

Assignments for Track Meet

Starter	WBMS
Score Recorder	WBMS
Clerk	WBMS

We will need one coach or representative from each school to work as a field event administrator.

Assignments for Field Events:

Girl's High Jump: HMMS/LMS
Boy's High Jump: HMMS/LMS
Boy's Shot Put: WJMS/ Shiloh
Boy's Discus: Jefferson /Stephenson
Girl's Shot-put: Clear Creek/ Carrollton
Girl's Discus: Indian Creek/ Marietta
Boy's Triple Jump: MBMS
Boy's Long Jump: Hilsman/ Cousins
Girl's Triple Jump: MBMS/WBMS
Girl's Long Jump: Liberty/Lumpkin

We will be using an automatic timer. Our goal is to provide our own timer for each lane. However, we may need coaches to step in and help when appropriate. We encourage you to time on your own at the start/finish line; however, only times from the timing device will be considered "official." We will time the designated lanes in all events finishing in assigned lanes. We will use place to score all events finishing in lane 1 (800, 1 mile, 2 mile, sprint medley, and 4 x 400.)

For the relays, we will need three coaches to volunteer to monitor the exchange zones (I pulled names out of hat☺).

Zone 1: HMMS

Zone 2: Lumpkin

Zone 3: WJMS

All track and field assignments are flexible, and we will work to accommodate the comfort level of the coaching staff.