

44th VINCE BRADFORD RELAYS – APRIL 2, 2016

FORMAT: Each team is allowed 2 competitors and one relay team per event. We are offering a limited number of JV events (restricted to athletes in grades 8 and 9) NO 7th GRADERS. To encourage participation we have no requirements but the following standards for individual varsity events are encouraged:

VARSITY MEN:		VARSITY	WOMEN:
Long Jump	20'	Long Jump	14' 6"
Triple Jump	40'	Triple Jump	31'
Shot Put	40'	Shot Put	27'
Discus	120'	Discus	85'
Pole Vault	10' 0"	Pole Vault	7' 6"
High Jump	5' 8"	High Jump	4' 6"
High Hurdles	16.0	High Hurdles	18.0
300 Hurdles	43.5	300 Hurdles	52.0
100 Dash	11.5	100 Dash	13.5
1600 Run	4:50	1600 Run	6:00

RELAYS FOR VARSITY: 4x100, 4x200, 4x400, 4x800, and 4x1600 for men and women.

JV EVENTS (8th and 9th grade only): 100, 1600, 4x200, 4x400, 4x800 for boys and girls.

FACILITIES AND LOCATION: The meet will be held at the E. C. Glass Vince Bradford Track and Field Complex. You should come dressed out as locker rooms are not available.

AWARDS: In the varsity and JV divisions medals will be awarded to the top 3 finishers in each event. BY VHSL RULES A 9TH GRADER WHO COMPETES IN THE JV DIVISION CANNOT COMPETE IN ANY VARSITY EVENT AND 8TH GRADERS CAN ONLY COMPETE IN THE JV DIVISION. A trophy will be awarded for the team champion and runner-up in the varsity divisions and a trophy will be awarded to the team champion in the JV divisions. Coaches should pick up trophies and awards at the conclusion of the meet. Concessions will be available; admission for spectators is \$5. T-shirts will be sold.

ENTRIES WILL ONLY BE TAKEN THROUGH MILESTAT.

ENTRY FEES:

Men: \$10.00 per athlete or \$100.00 per team (whichever is less)

Women: \$10.00 per athlete or \$100.00 per team (whichever is less)

JV: \$ 5.00 per athlete or \$50.00 per team (whichever is less)

Men and Women: \$ 200.00

Men, Women and one JV: \$225.00

Men, Women and both JV: \$ 250.00

Boys JV and Girls JV only: \$100.00

One varsity and one JV: \$125.00

One varsity and both JV: \$150.00

Make checks payable to VINCE BRADFORD RELAYS. Entries will open on Monday March 21 at 6:00am and close on Monday, March 28, 2016 at 8pm. Entry fee should be mailed to Rod Camden, E. C. Glass High School, 2111 Memorial Avenue, Lynchburg, Va. 24501.

Tentative Time Schedule (we will do a rolling schedule)

10:00 AM	#1 Women Long Jump Women's Varsity	Finals
10:00 AM	#3 Women High Jump Women's Varsity	Finals
10:00 AM	#4 Women Shot Put Women's Varsity	Finals
10:00 AM	#21 Men Long Jump Men's Varsity	Finals
10:00 AM	#25 Men Discus Throw Men's Varsity	Finals
10:00 AM	#26 Men Pole Vault Men's Varsity	Finals
12:15 PM	#2 Women Triple Jump Women's Varsity	Finals
12:15 PM	#5 Women Discus Throw Women's Varsity	Finals
12:15 PM	#22 Men Triple Jump Men's Varsity	Finals
12:15 PM	#23 Men High Jump Men's Varsity	Finals
12:15 PM	#24 Men Shot Put Men's Varsity	Finals
12:30 PM	#6 Women Pole Vault Women's Varsity	Finals
11:10 AM	#17 Girls 1600 Meter Run Girls Junior Varsity	Finals
11:30 AM	#37 Boys 1600 Meter Run Boys Junior Varsity	Finals
11:45 AM	#9 Women 1600 Meter Run Women's Varsity	Finals
12:00 PM	#29 Men 1600 Meter Run Men's Varsity	Finals
12:15 PM	#11 Women 4x100 Meter Relay Women's Varsity	Finals
12:30 PM	#31 Men 4x100 Meter Relay Men's Varsity	Finals
12:50 PM	#7 Women 100 Meter Hurdles Women's Varsity	Finals
1:00 PM	#27 Men 110 Meter Hurdles Men's Varsity	Finals
1:10 PM	#16 Girls 100 Meter Dash Girls Junior Varsity	Finals
1:15 PM	#36 Boys 100 Meter Dash Boys Junior Varsity	Finals
1:20 PM	#8 Women 100 Meter Dash Women's Varsity	Finals
1:25 PM	#28 Men 100 Meter Dash Men's Varsity	Finals
1:35 PM	#20 Girls 4x800 Meter Relay Girls Junior Varsity	Finals
1:50 PM	#40 Boys 4x800 Meter Relay Boys Junior Varsity	Finals
2:05 PM	#14 Women 4x800 Meter Relay Women's Varsity	Finals
2:35 PM	#34 Men 4x800 Meter Relay Men's Varsity	Finals
3:00 PM	#18 Girls 4x200 Meter Relay Girls Junior Varsity	Finals
3:10 PM	#38 Boys 4x200 Meter Relay Boys Junior Varsity	Finals
3:20 PM	#12 Women 4x200 Meter Relay Women's Varsity	Finals
3:30 PM	#32 Men 4x200 Meter Relay Men's Varsity	Finals
3:45 PM	#10 Women 300 Meter Hurdles Women's Varsity	Finals
4:00 PM	#30 Men 300 Meter Hurdles Men's Varsity	Finals
4:15 PM	#15 Women 4x1600 Meter Relay Women's Varsity	Finals
4:45 PM	#35 Men 4x1600 Meter Relay Men's Varsity	Finals
5:15 PM	#19 Girls 4x400 Meter Relay Girls Junior Varsity	Finals
5:30 PM	#39 Boys 4x400 Meter Relay Boys Junior Varsity	Finals
5:40 PM	#13 Women 4x400 Meter Relay Women's Varsity	Finals
5:55 PM	#33 Men 4x400 Meter Relay Men's Varsity	Finals