

32nd annual Eastern Relays Track Meet

Spring 2017 | April 21st and 22nd | University of Louisville Cardinal Park Track

The 2016 Eastern Relays Featured some remarkable, national class, performances.

- Always a highlight the 3200m was ridiculous with **Andrew Jordan** of Watkins Memorial (OH) throwing down a national leader of 8:46, with **Gavin Gaynor** of Hudson (OH) running 8:50! Super Soph **Brodey Hasty** laid down a 9:01 the fastest 10th grade mark in the country of 2016. There were 7 under 9:10, 16 under 9:20, 23 under 9:30, and 69 under 10. **Could 2017 be the year where we get 100 under 10:00?**
- The girls 3200m was won by Brentwood's (TN) **Hailey Hendry** in 10:34. She was followed closely by LexCath (KY) junior **Michaela Reinhart** in 10:37. With 7 girls under 11, 14 under 11:20, and 45 under 12 it proved to be one of the deepest field in the middle of the country.
- **Taliyah Townsend** of Male (KY) won the 100/200 double running 12.26/25.12 a Meet Record in the 100m.
- Despite rainy conditions **MiAngel Daniels** of Gahanna Lincoln (OH) laid down a 14.37/43.86 hurdle double.
- The boy's hurdles saw two great hurdlers trade victories with both setting meet records in the process. Brentwood Academy's (TN) dynamic **George Patrick**, one of the World's best young multi-eventers, won the 110H in 14.10. **Isaiah McCall** Bryan Station (KY) came back in the 300H to run 37.73.
- All American **Will Allen** Paul Dunbar (KY) ran 47.80 to win the 400m going away.
- Tactical boy's mile saw 4 runners finish between 4:16.67 and 4:18.52. Tippecanoe's (OH) **Mitchell Poynter** came out on top over **Brennan Fields** (KY), **Connor Peeples** (NC), and **Yared Nuguse** (KY).
- **Terrell Jackson** of Memphis University School (TN) went on the win a crazy race at the the Brooks PR Invite 800m but in Louisville he ran away with the boys 800m running 1:51.75.
- **Alexis Gibbons** of Butler (KY) went 18-11.75 in the LJ and **Lily Bunse** of Kings (OH) vaulted 12'.
- Junior **Ben Ewert** of Beaver Creek (OH) went on to win the steeple at USATF National Junior Olympics and run the nation's fastest time ran his first steeple of the year in 6:07.32 to set an Eastern Relays Record

Entry Standards

All entries must be submitted electronically using the entry portal at <http://easternrelays.milesplit.com>. It is important that valid results for your team are included on the milesplit database. If any of your meets are not included in the milesplit database please send results to kymilesplit@gmail.com. Teams may enter **all** athletes who meet the entry marks, and all may score. Note, qualifying marks will not be accepted from meets that do not produce digital results.

Coaches may enter any athletes who have a verifiable PR (lifetime best) in the milesplit database that meets the qualifying standard. Those not meeting the mark will not be allowed to compete in the invitational events. Open running events are open to all performers and require no qualifying standards. Open field events do have an entry standard. All participating teams may enter one relay in each Saturday relay event. We may limit entries in the Friday relays to 1 or 2 sections if the schedule dictates, this will be determined after the entry period is closed.

Girls	HJ 4-08	Boys	HJ 5-08
100m 13.25	LJ 15-09	100m 11.50	LJ 20-03
200m 28.00	Open LJ 14-00	200m 23.60	Open LJ 19-00
400m 1:03.50	TJ 31-06	400m 53.00	TJ 40-06
800m 2:31.00	Open TJ 29-00	800m 2:04.00	Open TJ 38-00
Mile- 5:40.00 for 1600m	Shot Put 32-00	Mile 4:36.00 for 1600m	Shot Put 44-00
MS Mile 6:15 for 1600m	Open Shot Put 29-00	MS Mile 5:30 for 1600m	Open Shot Put 41-00
3200m 12:45.00	Discus 93-00	3200m 10:15.00	Discus 130-00
100h 18.25	Open Discus 85-00	110h 17.25	Open Discus 120-00
300h 53.00	PV 8-06	300h 44.00	PV 12-00
Steeple 6:00.00 for 1600	Open PV 7-00	Steeple 5:00.00 for 1600	Open PV 10-06

An athlete may compete in a maximum of 4 events total between Friday and Saturday.

Eastern Relays

EasternRelays.milesplit.com

If you plan to attend please send an email to michael.horan@jefferson.kyschools.us so that we can include you in future correspondence. See last year's results here: <http://EasternRelays.milesplit.com>.

2017 Meet Schedule

Friday All Friday events are at UofL

4:15 pm Virtual Coaches Meeting (over PA)

4:30 pm Unified Events (Special Olympics)

- Unified 400m then Unified 4x100m

5:00 pm All events are on a rolling schedule

- Open Mile (non-scoring, no awards)
- Unified 100m
- Open 100m (non-scoring, no awards)
- 1600m Sprint Relay (200-200-400-800),
- 4000m Distance Medley (1200-400-800-1600)
- Middle School Mile
- 800m Sprint Medley Relay (100-100-200-400),
- 3200m

5:00 Unified Long Jump and Shot Put

6:00pm Open Field Events

Pole Vault, Long Jump, Triple Jump, Shot Put, Discus

Friday's Open running events (100m, Mile) are limited to 3 entries per team. We may also limit the DMR to 1 section and the SMRs to 2 sections if entries are excessive.

Saturday

8:30 am Virtual Coaches Meeting (over PA)

9:00 am Field Events begin (rolling schedule)

Pole Vault, Long Jump, Discus (girls first, then boys)

High Jump, Triple Jump, Shot Put (boys first, then girls)

9:15 am Running Events begin (rolling schedule)

4x800m relay, 100/110m hurdles, 100m dash, 4x200m relay, Mile run, 4x100m relay, 400m dash, 300m hurdles, 800m run, 200m dash, 2000m Steeplechase, 4x400m relay

Typically the meet concludes around 5pm. After entries are closed we will post a projected time schedule.

****Other special events may be added at meet management's discretion.**

Saturday Open Events at DuPont Manual- Non-scoring, no awards, hand-timed

Manual's track is one city block from Cardinal Park and they have volunteered to include non-scoring, no award events for athletes who did not qualify for the invitational portion of the meet. The events are 3200m, 400m, and 800m. These events, along with Friday's open events will provide an opportunity for non-qualifiers, relay legs, etc. to be a part of the meet. Please only enter athletes who intend to compete in these races.

Track Events: All track events are timed finals.

Field Events: Shot put, discus, long jump, and triple jump will be contested with 3 jumps/throws, with the top 9 athletes advancing to finals. During the preliminary round, all marks will be measured in the first round. During the subsequent rounds only marks that exceed the entry standard will be measured.

Pole Vault, Long Jump, Triple Jump, Shot Put, and Discus will contest an open section (no awards, non-scoring) on Friday night with the Invitational sections on Saturday. All field events, both open and invitational require a qualifying mark.

For the High Jump and Pole Vault the starting height will be the entry standard. Depending on field size we may utilize 5-Alive or multiple pits broken up by entry height.

Sanctioning

We typically proactively complete the sanctioning process for IN, OH, IL, MO, WV, and TN. Any schools from additional states wishing to participate should communicate early so you can also be included. Last year Indiana's sanction required that they be scored in a separate division so they were ineligible for team awards.

Awards

Awards for First, Second, and Third Overall Team. Awards for the top 8 finishers in each individual event.

Awards for the top 3 relays in each relay event. **Scoring:** 10-8-6-5-4-3-2-1 for all events

Entry deadline

Online entries should be received by Monday April 17th, 2017. Any **entries received after the deadline** will be charged an additional **\$25 fee** and may not be accepted at all. All athletes (including relay legs) are assigned a unique competitor number. There will be a \$5 fee for athletes that lose their bib numbers or that are not included in the entries and need to be assigned a competitor number/bib on meet day.

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