

# **2015 SAINT MARY'S HALL BARON'S ALL-RELAY MEET**

## **February 21, 2015**

We would like to invite your team to the Saint Mary's Hall Baron's All-Relay Meet on Saturday February 21<sup>st</sup> 2015. The meet will consist of only two Division's Boys and Girls however each school can enter an A & B team in each Division. This is a relay only meet with field events.

The meet will have automatic timing and entries are limited to one relay team per event and for field events each team must enter two individuals per event whose performance will be combined for placing. All awarded points will be doubled (20-16-12-8-4-2) per event.

Entry fee will be \$150 per Division/\$500 if entering an A&B team in both Divisions. Please make checks payable to Saint Mary's Hall Athletic Department 9401 Starcrest Drive San Antonio TX 78217. Teams can mail in their entry fee to arrive before the meet or bring their check the day of the event.

Awards will be presented to the winning team, runner up, and 3<sup>rd</sup> place for Girls and Boys Division. Medals will be presented to the two field event competitors and all relays members who are on the 1<sup>st</sup> through 3<sup>rd</sup> place team. Ribbons will be award to those on the 4<sup>th</sup> through 6th place teams.

Concessions will be available all day and a hospitality area will be provided for all coaches and workers/volunteers.

All coaches will receive an email to submit entries and instructions by February 13, 2015. Entry deadline will be 6:00PM Thursday February 19, 2015.

Please complete the bottom portion of this letter and email it to [dthurchak@smhall.org](mailto:dthurchak@smhall.org) or send it to David A. Thurchak Head Track and Field Coach Saint Mary's Hall 9401 Starcrest Drive San Antonio TX 78217. This meet will be limited to the first 14 teams per division so please return or email your confirmation ASAP.

Sincerely,

Dave Thurchak – Head Varsity Track and Field Coach

Shannon Beutler - Meet Coordinator

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**( ) Yes I will attend the Baron's All Relay Meet on February 21<sup>st</sup> 2015.**

**School Name:** \_\_\_\_\_

**Girls Coach Name:** \_\_\_\_\_

**Girls Coach E-mail:** \_\_\_\_\_

**Girls Coach Cell Phone:** \_\_\_\_\_ **Work Phone:** \_\_\_\_\_

**Boys Coach Name:** \_\_\_\_\_

**Girls Coach Email:** \_\_\_\_\_

**Girl's Coach Cell Phone:** \_\_\_\_\_ **Work Phone:** \_\_\_\_\_

**We will enter the following divisions.**

**Boys A Team:** \_\_\_\_\_

**Boys B Team:** \_\_\_\_\_

**Girls A Team:** \_\_\_\_\_

**Girls B Team:** \_\_\_\_\_

**We will not be attending:** \_\_\_\_\_

**More information on the meet will be sent out at a later date to those teams who have entered.**

# BARON' ALL-RELAY MEET

## Schedule of Events/February 21, 2015

Scratch: 7:30 AM to 8:15AM

Coaches Meeting: 8:15AM

**FIELD EVENTS:** *Begin at: 9:00AM (Must have two entries present to compete)*

SHOT PUT: Girls/Boys (Held adjacent to the field by the start/finish line of the stadium)

DISCUS: Boys/Girls (On the infield marked off with cones). **NO WARMS-UP OR SPECTATORS IN INFIELD AREA DURING THE COMPETITION.** Infield will be opened for warm-up immediately after the discus competition.

TRIPLE JUMP: (Pit #1) Girls/Boys

LONG JUMP: (Pits #2) Boys/Girls

HIGH JUMP: Opening Height will be determined at coaches meeting.

NO POLE VAULT

**RUNNING EVENTS:** *Begin at 12:00PM or 30 minutes after the conclusion of the last field event if necessary.*

ROLLING CLOCK/GIRL FOLLOWED BY BOYS EACH EVENT (Except Thrower's Relay)

THROWERS RELAY: (4 x 100 meters) Exhibition event only (awards will be presented but no points to team) each team must consist of only throwers from the field event competition co-ed teams are acceptable there will only be one Division for this event.

SHUTTLE HURDLES: Girls 100 Meter High Hurdles/Boys 110 Meter High Hurdles

400 METER RELAY: (4 x 100)

DISTANCE MEDLEY RELAY: (1200/400/800/1600)

SUPER SPRINT MEDLEY RELAY: (100/100/200/400)

SPRINT MEDLEY RELAY: (400/200/200/400)

3200 METER RELAY: (4 x 800)

*Relay exchange zones: 4 x 100 is yellow/4x 200 is black/yellow and 4 x 400 is blue.*