**2016 SAINT MARY’S HALL BARON’S ALL-RELAY MEET**

**February 19, 2016**

**We would like to invite your team to the Saint Mary’s Hall Baron’s All-Relay Meet on Friday February 19th 2016. 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 3rd place for Girls and Boys Division. Medals will be presented to the two field event competitors combined results and all relays members who are on the 1st through 3rd place team. Ribbons will be award to those on the 4th 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 in early February. Entry deadline will be February 16th. Entries will be completed through athletic.net and so will official results.**

**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 16 teams per division (regardless of size) so please return or email your confirmation ASAP.**

**Sincerely,**

**Dave Thurchak – Head Varsity Track and Field Coach**

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**( ) Yes I will attend the Baron’s All Relay Meet on February 20st 2016.**

**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 19, 2016**

**Scratch: 1:45PM – 2:30PM**

**Coaches Meeting: 2:30PM**

***FIELD EVENTS: Begin at: 3:00PM (The two entries present per team are combined as one result if a team only has one person there performance WILL NOT be doubled)***

**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: Girls/Boys (Opening Height will be determined at coaches meeting)**

**POLE VAULT: Boys/Girls (Opening Height will be determined at coaches meeting)**

***RUNNING EVENTS: Begin at 5:45PM or 30 minutes after the conclusion of the last field event if necessary.***

**ROLLING CLOCK/GIRL FOLLOWED BY BOYS EACH EVENT (Except Hurdle Relay)**

**HIGH HURDLER RELAY (100 Meter & 110 Meter) Two team racing each other at a time in odd/even lanes best combined time (four hurdlers) wins race**

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

**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.**

**400 METER RELAY: (4 x 100)**

**1600 METER RELAY: (4 x 400)**

**COACHES RELAY (4 x100) Exhibition event team coaches only co-ed; one team per school limit**

**800 METER RELAY: (4 x 200)**

**FRESHMAN RELAY (4 x 100) Exhibition event team must be made up of freshman only can be co-ed; one team per school limit**

**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.***