

71st Baker University HS Relays

Date: Tuesday April 10th, 2012

Site: Baker University Liston Stadium / Hey-Metzger Track

Time: Field Events begin @ 4:00pm
Running Events begin @ 4:00pm

Entries: Entries open to high school programs from Kansas and Missouri.

- Limit of 9 jumpers per event
- Limit of 6 throwers per event
- Limit of 3 running relay teams per school
- **Weight-man relay** may have athletes that are throwers only. If they run a relay or jump they **CANNOT** compete in this relay
- 100mH/110mH will combine 2 individual times
- 300mH will combine 2 individual times
- The steeplechase is an individual event and the top 3 individuals will receive medals.

Entry Procedure: Entry procedures and instructions will be handled by Mike Spielman at Ticker-timing. **Please email Mike Spielman at your earliest convenience**, which time he will forward entry procedures and instructions to all expected teams.

Mike's email is mspielman@usd348.com

Entry deadline will be Friday April 6th at 6:00pm.

Entry Fee: \$75 per gender. \$150 per high school team (boys and girls combined are considered one team).

Please make checks out to Baker Track & Field

Scoring: Team scores will be kept.
10-8-6-5-4-3-2-1 scoring system will be used.

All field events will be scored per individual placing first through eighth and will not be scored as a team relay.
Medals will be given to the top two in each event, not top two field event relays. There will be NO FIELD EVENT RELAYS.

T-Shirts: Meet t-shirts will be for sale located at the northeast side of track.

Awards: In each event only the top two teams or individuals will be awarded medals.

Medals can be picked up from the t-shirt table after the conclusion of the 4x400m relays.

Facilities: All weather track – 8 lanes (2006 construction)
Javelin runway is all-weather, and is located behind the Sauder baseball field.

Long jump board is 10' from the landing area
Triple jump boards are located at 26' 31' 36' & 41'

Spike length: All spikes must be ¼ inch (or less) pyramid shaped and will be inspected at check-in.

Athletes found to have spikes other than this will not be permitted to compete. Athletes caught wearing non-approved spikes will be removed from the facility.

Javelin athletes are permitted to wear ¼ inch pyramid shaped spikes on the javelin runway.

Trainers: Athletic trainers will be in attendance under the supervision of Lynn Bott, Director of Sports Medicine.

Results: Event results will be posted on the Liston Stadium East notice board immediately following the conclusion of each event.

Final Baker Relay results will be available to all Head Coaches immediately after the conclusion of the last event.

Concessions: Food and beverages will be available at the Liston Stadium Concessions Stand beginning at 4:00pm.

Parking: All team buses must park on the north side of Liston Stadium (this is the largest parking lot).

Additional Info: Additional information or help can be found by contacting Coach Zach Kindler.

Email: zach.kinder@bakeru.edu

Office number: 785 594 4580

Cell number: 785 650 5159

71th High School Baker Relays

Tuesday, April 10th

FIELD EVENT SCHEDULE

- 4:00 Pole Vault (Girls) – Boys follow
High Jump (Girls) – Boys follow
4 JUMPS/THROWS EACH (NO FINALS)
Javelin (Girls) – Boys follow
Girls Long Jump East Pit – Triple Jump follows
Boys Long Jump West Pit – Triple Jump follows
Shot Put (Girls) – Boys follow
Discus (Boys) – Girls follow

RUNNING EVENT SCHEDULE

(Times are approximate and may change based on final entries)

- 4:00 4x1600m Relay (Girls/Boys) {Heats will be combined}.
- 4:30 Shuttle Hurdles Relay (Girls) {times added together}
- 4:35 Shuttle Hurdles Relay (Boys) {times added together}
- 4:50 4x200m Relay (Girls/Boys)
- 5:05 4x 800m Relay (Girls/Boys)
- 5:40 Sprint Medley (100-100-200-400) (Girls/Boys)
- 5:55 2,000m Steeplechase (Girls)
- 6:10 2,000m Steeplechase (Boys)
- 6:30 300m Hurdles (Girls/Boys) {times added together}
- 6:55 4x100m Relay (Girls/Boys)
- 7:10 4 x100m Throwers Relay (Girls/Boys)
- 7:25 Distance Medley Relay (1200-400-800-1600) (Girls/Boys)
- 8:05 4x400m Relay (Girls/Boys)