

49<sup>th</sup> Desert Relays  
Saturday, March 12 2005, 9:00 A.M.

Location: Southwest High School: Time 9:00am

Divisions: Varsity Girls and Varsity Boys

Entry Fee: \$225.00 per school (includes boys and girls entry).

Awards: Trophies will be awarded to the 1<sup>st</sup> and 2<sup>nd</sup>, place teams in each division; The girl and boy winners of the 100 meters will be awarded the Willie Robinson memorial trophy. In Addition, the best male and female athlete will receive the MVP trophy voted by the coaches. Medals will be awarded to the top three finishers in each event, in both the girls and boys divisions.

Scoring: Relays- 10-8-6-4-3-2-1; Field events will be scored as relays. All field event have 3 attempts (no finals). The open running events will not count for team points!!!! High jump will start at 4.0 ft for girls, 5.0 ft for boys. First place finishers in running heats advance to the finals, then next fastest times, 8 lanes used for finals. Meet Master is used for scoring!!!

Locker Rooms: Will not be available, come dressed. Please keep valuables in a safe place. No tents inside the track!!!!

Entry Changes: Fax changes to Ron Shane 760-353-3570. Last minute changes will be made at the scratch table from 7:00- 8:45 am. Only athletes entered can be substituted for. No additional adds. Adds can be made on line by e-mail rshane@cuhsd.net

Entry Dead Line: Entry forms must be received by Monday March 7th By mail or fax. Late entries will mean last seating availability.

Starting Blocks: Will be furnished.

Track Surface: All weather; Spike sizes must not exceed 3/16 of an inch. Shoes will be checked at the start. National federation rules apply. Any false starts mean disqualification.

Mail Entries To: Ron Shane, Central Union High School, 1001 Brighton Ave, El Centro CA, 92243. Phone #

760-336-4346. Fax 760-353-3570 rshane@cuhsd.net

Dear Coaches.

This year we will have some changes to our Central Relays. I hope these changes improve the quality of the meet. Please note the following.

- \* The triple jump will not be run this year.
- \* The open 3200M, will be replaced by the 4x1600 relay.  
Please note: If a team is lapped during the race, the team will be disqualified!!!!
- \* Please enter your athletes on the rosters last name first.  
Enter the marks for the 100/110 hurdles and 100 meters only!!!  
Enter the event by the designated number on the roster.
- \* Athletes can be entered in no more than 4 events.
- \* Each team may enter 3 athletes in the open running, and field events, 1 relay team.

In addition the following rules will be in effect.

1. No spikes larger than 3/16 will be allowed on the track.
  - A. Spikes will be on sale 5 \$1
2. No athletes will be allowed to congregate by the finish line/timer areas.
3. Coaches corner located by the scores table.
- 4 . Please keep all tents away from press box view.
5. All field event athletes will sign in at the venue during the flight.
6. National Federation rules governing jewelry and uniforms will be enforced. (Throwers may be in altered uniforms if they are not available).
7. Please make sure all athletes check in with the clerk of the course prior to third call.
8. First event will follow the Star Spangled Banner playing

Any questions contact me. Ron Shane :

(760) 336-4346 (work)  
353-3570 (Fax)  
554-3094 (cell)  
352-6418 (home)

## DESERT RELAYS TIME SCHEDULE

<u>TIME:</u>	<u>EVENT:</u> (Times are approximate)
9:00 AM	All field events(Three attempts)
9:00 AM	Girls 4x1600
9:35 AM	Boys 4x1600
10:15 AM	Girls 100 High Hurdles (Prelims)
10:45 AM	Boys 110M High Hurdle (Prelims)
11:00 AM	Girls 100M (Prelims)
11:15 AM	Boys 100M (Prelims)
11:30 AM	Girls Distance Medley(12x4x8x16)
11:50 AM	Boys Distance Medley (12x4x8x16)
1:00 PM	Girls 100 High Hurdle Finals
1:40 PM	Boys 110M High Hurdle Finals
1:50 PM	Girls 100M Finals
2:00 PM	Boys 100M Finals
2:15 PM	Girls 3200M Relay (4x800)
2:25 PM	Boys 3200M Relay (4x800)
2:40 PM	Girls Low Hurdle Shuttle(4x100)
2:50 PM	Boys Low Hurdle Shuttle (4x100)
3:00 PM	Girls 400M Relay (4x100)
3:10 PM	Boys 400M Relay (4x100)
3:20 PM	Girls 1600M Relay (4x400)
3:30 PM	Boys 1600M Relay (4x400)
3:40 PM	Girls Sprint Medley Relay(1x1x2x4)
3:50 PM	Boys Sprint Medley Relay (1x1x2x4)
4:00 PM	Girls 800M Relay (4x200)
4:10 PM	Boys 800M Relay (4x200)
4:20 PM	Awards Presentation

**Coaches please note:** Athletes must check in at staging area or they will be scratched!!!!

Name Of School \_\_\_\_\_

Girls Relays  
(Circle Yes or No)

- |                                     |     |    |
|-------------------------------------|-----|----|
| 1. 4x1600 Relay                     | Yes | No |
| 2. 3200M Relay (4x800)              | Yes | No |
| 3. 1600M Relay (4x400)              | Yes | No |
| 4. Low Hurdle Shuttle               | Yes | No |
| 5. 400M Relay (4x100)               | Yes | No |
| 6. Sprint Medley<br>(1x1x2x4)       | Yes | No |
| 7. 800M Relay (4x200)               | Yes | No |
| 8. Distance Medley<br>(12x4x8x1600) | Yes | No |

Boys Relays  
(Circle Yes or No)

- |                                     |     |    |
|-------------------------------------|-----|----|
| 1. 4x1600 Relay                     | Yes | No |
| 2. 3200M Relay (4x800)              | Yes | No |
| 3. 1600M Relay (4x400)              | Yes | No |
| 4. Low Hurdle Shuttle               | Yes | No |
| 5. 400M Relay (4x100)               | Yes | No |
| 6. Sprint Medley<br>(1x1x2x4)       | Yes | No |
| 7. 800M Relay (4x200)               | Yes | No |
| 8. Distance Medley<br>(12x4x8x1600) | Yes | No |



