

2023 AJ LOTH RELAYS @ Fredericksburg (3/18/23)
INFORMATION AND MEET SCHEDULE *(as of November 10, 2022)*

Coaches,

You are invited to participate in the 2023 AJ Loth Relays at Fredericksburg High School on Saturday, March 18th. This is an opportunity for any school wishing to get a last chance official time for Texas Relays or just an opportunity to compete in relays if you are on spring break like our school. We will not have team scores and will only have running relays and throwing events.

You can bring one relay or multiple relays with an entry fee of \$40 per relay team, but a max of \$500 per school. Please mail all entry fees prior to March 18th to the following address:

FISD – Attention Steve Jacoby, 234 Friendship Lane, Fredericksburg, Texas 78624

If wanting to participate, please email Coach Dan Aldrich (daniela@fisd.org or dan_aldrich01@yahoo.com).

- All entries are due by 8:00pm on Thursday evening March 16th online at **Athletic.net**.
 - The program will be seeded by time and emailed to coaches on Friday.
 - **All entry times and marks must be achieved during the 2022 season leading up to the meet. Combined individual event times can be put together for the relay entry.**
- The top 3 relays in each division (Girls and Boys) will receive medals.
 - 3 relay teams are allowed per school per event/division (designate A,B,C)
 - Athletes may compete in a total of 3 Running Relays.
- Two Divisions: OPEN GIRLS / OPEN BOYS; any eligible athlete can be used to fill a relay.

9:00–9:15 A.M. Relay Scratches. No scratches are necessary if making a runner substitution.

10:00 A.M. – THROWS (Rings are located below the stadium on the practice fields)

The combined best mark for the top 4 throwers from a team will count as the team distance. Schools can enter two thrower relays designated online as “A” and “B”. If fewer than four athletes compete for a school, then the combined distance of the participating throwers will be the team score.

SHOT PUT - **BOYS Followed By GIRLS** (flights may be created if needed)

One attempt per athlete in order on the field sheet. Total of 4 throws per athlete.

DISCUS - **GIRLS Followed By BOYS** (flights may be created if needed)

One attempt per athlete in order on the field sheet. Total of 4 throws per athlete.

10:00 A.M. – RUNNING RELAYS – Rolling Schedule (GIRLS followed by BOYS)

DISTANCE MEDLEY RELAY (1200,400,800,1600) - *Waterfall Start, Blue Exchange Zones*

400M RELAY (100,100,100,100) – *Yellow Exchange Zones*

100/110M HURDLES – *Event will be run individually, but the top 4 team times will be combined for the relay time.*

3200M RELAY (800,800,800,800) – *Waterfall or Half Stagger Start, Blue Exchange Zone*

800M RELAY (200,200,200,200) – *Green Exchange Zones and Yellow 4th Leg*

SPRINT MEDLEY RELAY (200,200,400,800) – *Green Exchange 1-2, 400 in lane to 800 Blue Exchange Zone*

1600M RELAY (400,400,400,400) – *Blue Exchange Zones*

We look forward to hosting your school in the 2023 Fredericksburg AJ Loth Relays! We hope you will enjoy the relay format and we will do our best to make it an organized and competitive meet!