

## **55<sup>th</sup> ANNUAL (CARLIN WICKER – AJ LOTH) FREDERICKSBURG RELAYS** **INFORMATION AND MEET SCHEDULE** *(as of 11-10-23)*

Coaches,

You are invited to participate in the 2023 (Carlin Wicker / AJ Loth) Fredericksburg Relays at Fredericksburg High School on Saturday, March 16<sup>th</sup>. We would like to cap the meet with 8 participating teams. Entry fees for each school will be \$600 which includes entries in all 4 divisions.

If wanting to confirm your school, please email Dan Aldrich ([daniela@fisd.org](mailto:daniela@fisd.org) or [dan\\_aldrich01@yahoo.com](mailto:dan_aldrich01@yahoo.com)).

Please mail all entry fees prior to March 16<sup>th</sup> to the following address:

*FISD – Attention Steve Jacoby (HS Track Meet Entries)  
234 Friendship Lane, Fredericksburg, Texas 78624*

- **Online entries are due Wednesday March 13th by 11:59pm at ATHLETIC.NET.**
  - Entry list's for each school will be sent on Thursday for review.
  - Errors/changes need be emailed to [daniela@fisd.org](mailto:daniela@fisd.org) and [dan\\_aldrich01@yahoo.com](mailto:dan_aldrich01@yahoo.com) before 10am on Friday March 15<sup>th</sup>. No entries will be allowed on Saturday.
  - The program will be seeded by time/marks and emailed to coaches on Friday afternoon.
  - **All entry times and marks must be achieved during the 2023 season leading up to the meet. Combined individual event times can be put together for the relay entry.**
- The top 3 in each division event will receive medals.
  - Only 1 relay team allowed per school in each division and a max of 3 entries in individual events per division. UIL entry rules will apply (for the DMR and 4x800 schools may utilize a JV Runner to complete the varsity relay team if 4 are needed).
- FAT Timing and Online Result Posting.

**8:45 A.M.** COACHES MEETING at the Finish Line

### **FIELD EVENTS**

- **There will be 4 attempts in all horizontal jumps and throws.**
- Minimum Marks will be used after the 1<sup>st</sup> measured attempt. We will not measure scratches!
- Athletes are allowed 1 attempt at a time according to the entry list (no multiple attempts).
- Implements will be pooled in the throwing events.
- Athletes will have 30 minutes on site warm up at events. Please remove all marks when done.

**9:30 A.M.** **DISTANCE MEDLEY RELAY** (12-4-8-16) - *Waterfall Start, Blue Exchange Zones*  
**JVG and VG** followed by **JVB and VB**

**9:30 A.M.** **THROWING (Min Marks) and VERTICAL FIELD EVENTS– Rolling Schedule**

**SHOT PUT** = **Ring 1** – (Lower Field) – **VB (40')** followed by **VG (30')**

**SHOT PUT** = **Ring 2** – (Upper Field) – **JVB (34')** followed by **JVG (24')**

**DISCUS** = **Ring 1** – (Lower Field East) – **VG (80')** followed by **VB (110')**

**DISCUS** = **Ring 2** – (Lower Field West) – **JVG (60')** followed by **JVB (90')**

**HIGH JUMP** = **Pit 1** - (on apron) – **VB (5'6")** followed by **VG (4'6")**

**HIGH JUMP** = **Pit 2** – (on turf) – **JVB (5'0")** followed by **JVG (4'0")**

**POLE VAULT** = **Pit 1** – (North by long jump) – **VG (7'6")** followed by **VB (10'6")**

**POLE VAULT** = **Pit 2** – (South by turf) – **JVG (6'0")** followed by **JVB (9'0")**

**10:30 A.M. HORIZONTAL JUMPING EVENTS (Min Marks)**

**LONG JUMP (Varsity w/ wind)** = Pit 1 (North Runway) – VG (16') followed by VB (18')

**LONG JUMP** = Pit 2 (South Runway) – JVG (14') followed by JVB (16')

**TRIPLE JUMP** = Pit 1 – (Lane 3) – VB (38') followed by VG (34')

**TRIPLE JUMP** = Pit 2 – (Lane 6) – JVB (34') followed by JVG (30')

**1:15 P.M. RUNNING FINALS – Rolling Schedule (JVG – JVB – VG - VB)**

- ALL SPECTATORS must be in the designated area of the bleachers on the home side of the stadium during all events. Only athletes are on the visitor side.
- COACHES are responsible for making sure your team's spectators and athletes are located in the proper areas. No spectators inside the track.
- Team camps on the field are for athletes competing and warming up.
  - These camps can be set up near the panels outside the roped warmup section.
  - Non competing athletes should remain in the bleachers.
- All moving warmups must occur inside the center roped section of the field.
- All stationary flex work should occur outside the roped warmup section.
  - Athletes need to report "race ready" to the check-in clerk the event before their race.
- Starting blocks will be provided for athletes (block holders are not necessary).

**400 Meter Relay** (100,100,100,100) – Yellow Start Lines, Yellow Exchange Zones

**3200 Meter Relay** (800,800,800,800) – Waterfall or Half Stagger Start, Blue Exchange Zones

**100 Meter Hurdles** – Yellow Hurdle Marks

**110 Meter Hurdles** – Blue Hurdle Marks

**100 Meter Dash**

**800 Meter Relay** (200,200,200,200) – Green Start Lines, Green Exchange Zones (Yellow Anchor)

**400 Meter Dash** – Yellow Start Line

**300 Meter Hurdles** – Green Hurdle Marks

**200 Meter Dash**

**1600 Meter Run** Waterfall Start

**1600 Meter Relay** (400,400,400,400) – Blue Start Line, Blue Exchange Zones

**Estimated Final End Time is around 5:00pm**

- Event Results will be posted on the scoreboard and on Athletic.Live after each heat/event is finalized. Links to the online results will be given to the coaches.
- 1<sup>st</sup> - 3<sup>rd</sup> event place medals and team championship plaques will be packaged for pickup at the end of the meet.

**We look forward to hosting your school in the 2024 Fredericksburg Carlin Wicker/AJ Loth Relays!  
We will do our best to make it an organized and competitive meet!**