

Midway Relays
Saturday, March 24
Waco Midway Panther Stadium

Running events: Prelims and finals (see complete schedule next page)

Divisions: (In running order) JV Girls, Varsity Girls, JV Boys, Varsity Boys

Horizontal jumps and throws: 4 attempts for varsity, 3 attempts for JV.

8:30 am start time for 3200 and boys' field events, running finals at 3:00 pm.

Entries will be done through athletic.net. A link will be sent to each team before the meet. Entries will be due by noon Wednesday March 21.

Heat sheets will be sent out no later than Friday afternoon March 23, so you will know if any events scheduled for prelims will be finals only. We will not run prelims in the 4X200 or 4X400. Those will be run against time in the finals if we have more than 8.

Awards: Each division – Team Championship Trophy, Medals 1-2-3

Warmups will be outside the stadium – our middle school track is 150 yards from the check-in.

We just got our track resurfaced, and we will insist on **no athletic tape** to mark exchanges. Flats or ¼ spikes must be worn.

Finish Lynx timing system will be used.

To enter the meet, contact either Coach Thomas or Coach Boles. We are limiting it to 12 teams this year.

Aaron Thomas (cell 254-482-0936) aaron.thomas@midwayisd.org

Ronny Boles (cell 254-424-1476) ronald.boles@midwayisd.org.

Please make check payable to **Midway Relays** and mail entry fee (**Varsity - \$125, J.V. - \$100**) to the following address:

Midway Athletics
8200 Mars Drive
Waco, Texas 76712

Midway Relays

Meet Schedule

7:15-8:00 – scratch meeting in press box level P1

7:45 am – Coaches meeting – Press box level P1

Morning Schedule – Prelims, Field Events, 3200 M

<p>8:30 3200 M JVG, VG, JVB, VB</p> <p>9:30 Girls Prelims (JV then varsity – fastest 8 to finals) 400 Relay 800 Meters (Heat 1)** 100 Hurdles 100 Meters 400 Meters (no blocks prelims only) 300 Hurdles 200 Meters</p> <p>11:30 Boys Prelims (JV then varsity – fastest 8 to finals) 400 Relay 800 Meters (Heat 1)** 110 Hurdles 100 Meters 400 Meters (no blocks prelims only) 300 Hurdles 200 Meters 1600 Meters (Heat 1)** girls, boys **These heats are for extra kids in the 800 and 1600 – they can still score and medal based on time, but the best 3 from each team will be put in the afternoon finals.</p>	<p>8:30 VB LJ, VB PV, JVB Shot, VB Discus, JVB TJ, JVB HJ, VB HJ, JVG PV (Rice Field)</p> <p>9:45 VB TJ, JVB PV, VB Shot, JVB Discus, JVB LJ</p> <p>11:00 (or conclusion of girls prelims) VG LJ, VG PV, JVG Shot, VG Discus, JVG TJ, JVG HJ, VG HJ</p> <p>12:15 VG TJ, VG Shot, JVG Discus, JVG LJ</p> <p>We will start the 8:30 am field events on time, and the other ones as early as we can.</p> <p>Lunch served for coaches in press box level P1 - 12:00-1:30 pm.</p> <p>Track open for handoffs: 7:30-8:30 am, End of prelims-2:45 pm</p>
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Will start finals earlier if we finish the prelims earlier

3:00 pm – Running Finals

400 M Relay JVG, VG, JVB, VB
 800 M Run JVG, VG, JVB, VB
 100 M Hurdles JVG, VG
 110 M Hurdles JVB, VB
 100 M Dash JVG, VG, JVB, VB
 800 M Relay JVG, VG, JVB, VB
 400 M Dash JVG, VG, JVB, VB
 300 M Hurdles JVG, VG, JVB, VB
 200 M Dash JVG, VG, JVB, VB
 1600 M Run JVG, VG, JVB, VB
 1600 M Relay JVG, VG, JVB, VB