

2019 SAINT MARY'S HALL BARON'S ALL-RELAY MEET

February 16, 2019

We would like to invite your team to the Saint Mary's Hall Baron's All-Relay Meet on Saturday February 16th 2019. The meet will consist of two Division's Boys Varsity and Junior Varsity and Girls Varsity and a Junior Varsity team. This is a relay only meet with field events.

The meet will have automatic timing this year and entries are limited to one relay team per event and for field events each team must enter TWO individuals per event whose performance will be combined for placing. All awarded points will be doubled (20-16-12-8-4-2) per event.

Entry fee will be \$125 per Varsity Division and \$100 per Junior Varsity Division/or a maximum of \$425 if entering a team in all four Divisions. Please make checks payable to Saint Mary's Hall Athletic Department 9401 Starcrest Drive San Antonio TX 78217. Teams can mail in their entry fee to arrive before the meet or bring their check the day of the event.

All always there are plenty of award handed out at this meet! Awards will be presented to the winning team, runner up, AND 3rd place for Girls and Boys Varsity Division and 1st and second place in Junior Varsity. Medals will be presented to the two field event competitors combined results and all relays members who are on the 1st through 3rd place team. Ribbons will be award to those on the 4th through 6th place relay team. Also team plaques will be awarded to ALL Varsity level winning relay teams (excluding exhibition events).

Concessions will be available all day and a hospitality area will be provided for coaches and workers/volunteers.

Coaches will receive an email to submit entries and instructions via athletic.net. Entry deadline will be in mid February. Official results will also be posted on athletic.net.

Please complete the bottom portion of this letter and email it to dthurchak@smhall.org or send it to David A. Thurchak Head Track and Field Coach Saint Mary's Hall 9401 Starcrest Drive San Antonio TX 78217. This meet will be limited to the first 10 teams per division so please return or email your confirmation ASAP.

Sincerely,

Dave Thurchak – Head Varsity Track and Field Coach

PAGE 2

() Yes I will attend the Baron's All Relay Meet on February 17st 2018.

School Name: _____

Girls Coach Name: _____

Girls Coach E-mail: _____

Girls Coach Cell Phone: _____ **Work Phone:** _____

Boys Coach Name: _____

Girls Coach Email: _____

Girl's Coach Cell Phone: _____ **Work Phone:** _____

We will enter the following divisions.

Boys Varsity Team: _____

Boys JV Team: _____

Girls Varsity Team: _____

Girls JV Team: _____

We will not be attending: _____

More information on the meet will be sent out at a later date to those teams who have entered.

BARON' ALL-RELAY MEET - Schedule of Events/February 16, 2019

Scratch: 8:15AM – 9:00AM - Coaches Meeting: 9:00AM

FIELD EVENTS: *Begin at: 9:30AM (The two entries present per team are combined as one result if a team only has one person there performance WILL NOT be doubled) (Three attempts each for horizontal jumps and throws)*

EXHIBITION EVENT: (8:00AM) Javelin Girls/Boys (Medals will be award to the top three in each division) limit two entries per school (Javelins will be available for use) Athletes MUST BE EXPERIENCED IN EVENT and complete waiver release. (location TBD)

SHOT PUT: Girls (JV/V)/Boys (JV/V) (Held adjacent to the field by the start/finish line of the stadium)

DISCUS: Boys (JV/V)/Girls (JV/V) (On the infield marked off with cones). NO WARMS-UP OR SPECTATORS IN INFIELD AREA DURING THE COMPETITION. Infield will be opened for warm-up immediately after the discus competition.

TRIPLE JUMP: Girls (V/JV)/Boys(V/JV) (Pit #1)

LONG JUMP: Boys (V/JV)/Girls(V/JV) (Pits #2)

HIGH JUMP: All Girls/All Boys (Opening Height will be determined at coaches meeting)

POLE VAULT: All Boys/All Girls (Opening Height will be determined at coaches meeting)

4 x 1600 METER relay: All Boys/All Girls First relay start at 10:00AM (Will Combine JV/V and genders if necessary)

RUNNING EVENTS: *Begin at 12:30PM or 30 minutes after the conclusion of the last field event if necessary. With the exception of the 4 x 1600 relay*

ROLLING CLOCK/GIRLS (JV/V) FOLLOWED BY BOYS (JV/V) EACH EVENT (Except DMR/3200/ & HH Relay)

HIGH HURDLER RELAY (100 Meter/110 Meter) Two team racing each other at a time in odd/even lanes best combined time (four hurdlers) wins race

DISTANCE MEDLEY RELAY (All Girls/All Boys): (1200/400/800/1600)

THROWERS RELAY: (4 x 100 meters) Exhibition event only (awards will be presented but no points to team) each team must consist of ONLY throwers from the field event competition co-ed teams are acceptable there will only be one Division/Heat for this event; first eight teams to sign up participate.

400 METER RELAY: (4 x 100)

1600 METER RELAY: (4 x 400)

COACHES RELAY (4 x100) Exhibition event team coaches only co-ed; one team per school limit/first eight to sign up

800 METER RELAY: (4 x 200)

FRESHMAN RELAY (4 x 100) Exhibition event team must be freshman only can be co-ed; one team per school limit/first eight

3200 METER RELAY: (4 x 800) *Relay exchange zones:*

4 x 100 is yellow/4x 200 is black/yellow and 4 x 400 is blue.