

# 54<sup>th</sup> Annual Southeastern Relays

## Information Sheet:

*\* The Southeastern Relays is one of the Gulf Coast's oldest prep track & field meets. Spanish Fort High School will host this prestigious event at Gulf Shores Sports Complex .*

**Date:** Saturday, March 20<sup>th</sup>, 2010

**Site:** Gulf Shores Sports Complex

**Entry Fee:** \$45 per team - \$90 per school (boys & girls) Please make all checks out to: **Toro Spikes Club.**

**Entry Deadline:** Your entries must be made through [www.coacho.com](http://www.coacho.com) by **Tuesday, March 16<sup>th</sup>, 2010.**

**Entries:** 2 relay teams per track event and both teams are eligible to score. However, only 1 team per field event with 4 entries of which the top 3 who meet qualifying standards will have their performances combined for team score.

**Awards:** Team Trophies – 1<sup>st</sup> and 2<sup>nd</sup> Place Girls' and Boys' Division  
Richmond Brown Outstanding Performance Award

**Dressing:** There will be no dressing rooms or showers; however, restrooms in stadium are available.

**Spikes:** 1/8 to 1/4 only!

**Concessions:** There will be full concessions sold.

**Scratches:** *Any scratches or other changes must be received by **Wednesday, March 17<sup>th</sup>** by 2:30 PM. **FAX: 251-621-5648**, Phone: 251-458-6578, Postal Address: 1 Plaza De Toros Drive, Spanish Fort, Alabama 36527*

**Scoring:** **10-8-6-5-4-3-2-1**  
Field events are scored as relays with your top 3 entries added together for scoring. The hurdle races must have 2 runners with their times added together to score.

**Contact Information:** **Fax: 251-621-5648**  
**Postal Address:** 1 Plaza De Toros Drive, Spanish Fort, Alabama 36527  
**Coach Schmidt** – Work Phone # 251-458-6578  
**Coach Doc**-Work Phone # 251-716-9521

# 2009 Southeastern Relays

## Schedule of Events

<b>Time:</b>	<b>Event:</b>
<b>9:30 AM</b>	Coaches Meeting in the middle of the infield. Field event warm-ups begin.
<b>10:00 AM</b>	<b>4x1600</b> (Girls followed by Boys) <b>Boys Discus</b> followed (30 minutes) after by <b>Girls Discus</b> . <b>Girls Shot Put</b> followed (30 minutes) after by <b>Boys Shot Put</b> . <b>Boys High Jump</b> followed (30 minutes) after by <b>Girls High Jump</b> . <b>Girls Pole Vault</b> followed (30 minutes) after by <b>Boys Pole Vault</b> . <b>Boys Triple Jump</b> followed (30 minutes) after by <b>Girls Triple Jump</b> . <b>Girls Long Jump</b> followed (30 minutes) after by <b>Boys Long Jump</b>
<b>11:45 AM</b>	<b>4x800</b> (Girls followed by Boys)
<b>1:00 PM</b>	<b>Girls Javelin</b> followed (30 minutes) after by <b>Boys Javelin</b> .

### Field Event Minimum Standards:

Event	Boys	Girls
SP	35"	20"
DT	100"	60"
JT	115"	70"
HJ	5-2"	4-2"
PV	8-0"	6-0"
TJ	35"	25"
LJ	18"	12"

\* Horizontal jumps & throwing event competitors will be allowed **4** attempts (**no finals**).  
Shot Put & Discus throws will be taken two at time to expedite the competition (2 + 2).

## Running events will be on a rolling time schedule

<b>1:00 PM</b>	<b>300 Hurdles</b> (Girls followed by boys: must have 2 athletes for relay score) <b>4x100</b> (Girls followed by boys) <b>Boys Distance Medley</b> (800-400-1200-1600) <b>4x200</b> (Girls followed by boys) <b>100 /110 Hurdles</b> (Girls followed by boys: must have 2 athletes for relay score) <b>Sprint Medley</b> (Girls followed by boys: 200-200-400-800) <b>Girls Distance Medley</b> (800-400-1200-1600) <b>4x400</b> (Girls followed by boys)
<b>4:30-4:45 PM</b>	<b>Awards Presentation</b>