

THE BLUE RIDGE RELAYS
SPONSORED BY FREDERICK HIGH SCHOOL
FRIDAY, APRIL 20, 2012

Site: Frederick High School
Time: Coaches Meeting – 3:00pm Field Events Begin: 3:30PM Running Events Begin: 4:00PM

Scoring: 10-8-6-4-2-1
Entry Fee: \$150.00 per school (**Limited to first 16 schools**)
Awards: Team awards will be given to the top two teams. Ribbons will be given to the top 6 places in each event (including “B” races).

- **1/4”** spikes are the maximum allowed on the track. This will be strictly enforced.
- State rules will govern event limitation. Uniform and jewelry rules will be strictly enforced.
- You are allowed one entry per running event.
- “B” Relays (4 x 800, 4 x 100, 4 x 400) – Each school can enter two boys and two girls relays per event. These races are limited to those athletes who are not entered in any of the official meet events (running or field). To be fair to the athletes in the “B” races, we ask that all coaches follow this rule.
- Long Jump, High Jump, Triple Jump, Shot Put, and Discus will be held. Field events will include 2 boys, or 2 girls. Pole Vault may be added.
- There will be an admission fee (\$5 for adults, \$2 for students) charged at the gate for spectators. This is in accordance with Frederick County Public Schools policy. Concessions will be available. Please inform parents and friends of your team members of this.
- Tee shirts will be available for sale for \$10.00
- Remind your athletic director to forward the entry fee (\$150 – payable to Frederick High School) if it hasn't already been sent.
- **Teams interested should contact Ed Remus at (240) 236-7083 or ed.remus@fcps.org**

ORDER OF EVENTS
(Meet begins at 3:30)

HURDLE/SPRINT RELAY (4 x 100/110)

(dash/hurdle/dash/hurdle)

DISTANCE MEDLEY RELAY (800, 400, 1200, 1600)

4 X 200 RELAY

4 X 1600 RELAY

SPRINT MEDLEY RELAY (200, 100, 100, 400)

4 X 800 RELAY

4 X 800 “ B” RELAY

4 X 100 RELAY

4 X 100 “B” RELAY

4 X 400 RELAY

4 X 400 “B” RELAY

FIELD EVENTS (THROUGHOUT THE DAY)

SHOT PUT

DISCUS

HIGH JUMP

LONG JUMP

TRIPLE JUMP