

# **Big Island Relays**

**DATE:** Saturday, April 12th

**LOCATION:** Kamehameha High School

**MEET DIRECTORS:** Keith Tolentino, Kimo Weaver

## **ORDER OF EVENTS:**

### **9:00am Field Events**

Pole Vault, G-B

Long Jump, Open Pit

High Jump, G-B

Triple Jump, Open Pit

Shot Put, G-B

Discus, B-G

### **10:00am Running Events**

4 x 1 Mile

Shuttle Hurdles

4 X 400

Coaches 4 x 100 Non-Scoring

4 x 100

Throwers 4 x 100 Non-Scoring

\*Must have thrown in 3 of the 5 previous

meets or plan to throw in JV or BIIF Champs!

4 x 800

4 x 300 Hurdles

4 x 200

Distance Medley

Sprint Medley

## **ENTRIES:**

Field Event Relay - 3 Athletes

Running - 1 Relay Team Per School scores in each event

Athlete May Participate In A Maximum Of 6 Events.

Schools combining to make a relay team will be NON-Scoring and NON-Medaling.

## **MISCELLANEOUS INFO:**

1/4" Pyramid spike only.

Scoring - 10-8-6-4-2-1

Throws/Jumps - 3 attempts

Rules - National Federation, HHSAA and BIIF.

## **Exchange Information:**

Shuttle Hurdles - (10, 39" or 33") 2 schools per heat

Incoming runners must cross line marked 4' in front of start

4 x 300 Hurdles - (8, 36" or 30"), 2 schools per heat

4 x 100            2 turn stagger    White

4 x 200            4 turn stagger    Red

4 x 400            3 turn stagger    Blue

4 x 800            1 turn stagger, box start

Distance Medley    1 turn stagger, box start (1200, 400, 800, 1600)

Sprint Medley        3 turn stagger (100, 100, 200, 400)