2024 Eagle Relays Invitational Track and Field Meet

Friday, April 19, 3:00pm

All events will be done relay style. Running races will either exchange a baton or add participant’s times for a collective performance. Field events will be 5 person teams with the top three participant’s heights/distances added to get a team’s performance. Varsity LJ, TJ, SP, Disc, Jav participants will get 4 attempts; Girls long jump will be followed by girls triple jump on the same runway. Boys long jump will be followed by boys triple jump on the same runway.

Shuttle hurdle relay: 10 hurdles, start line will be by the finish line (measured back for 1st hurdle). There will be a line 1 meter from the start line that will mark the beginning of the exchange zone. Outgoing runner can go when the incoming runner enters the 1 meter zone.

Entry Fee: $175 per gender. Make checks payable to Fargo Public Schools.

Entries: Via Athletic.net by Thursday, April 18 at 7p.m.

Entry limits: 2 relay teams per school in the 4x100, 4x200, and 4x400. Fastest entered team from each school will be in heat 1. 1 relay/school in all others. 4 per event in the 1600m, 3200m, and 300H. 5 per event in field events (3 will score). The shuttle hurdle race will be a 4-member team.

Marshaling area will be in the North endzone. Please have athletes report by 2nd call.

Spikes: Please use ¼ inch cone spikes only, no pins or Christmas trees.

Shot put and Discus will be off of concrete. Javelin will be a grass runway.

Team camps: In or under the stands and in the field south of the horizontal jumps/east of shot put. Please no camps on the turf infield.

Concessions and Bathrooms**:** Located south of the bleachers

Turf etiquette:

* + No seeds, peanuts, any shelled nuts, or gum
	+ To be used for warming up only
	+ Not to be used for camps, visiting, or just hanging out
	+ Athletes, coaches, officials, and trainers ONLY
	+ Please remind your team what the inside of the track (turf) is for.
		- **Issues in the past:** *friends/family/classmates getting into the turf area and using it for visiting, spectating, and playing around*. Davies has determined that if this becomes an issue, participating teams will be notified and could affect future participation in Davies’ meets. There is not security to monitor potential issues so we are asking coaches to inform their teams and assist with this.

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Order of events: Boys will run first

2:50 National Anthem

3:00 3 x 3200m team race (1 heat, add times)

3:35 4 x 100/110m Shuttle Hurdle Relay

3:55 4 x 200m

4:15 4 x 800m

4:40 1600m Sprint Medley Relay (200m, 200m, 400m, 800m) (4x2 zones, use 4x4 zone for 2nd exchange and 3rd runner cuts)

5:00 8 x 200m (5th runner cuts, use regular 4x2 zones and then use 4x4 zone and 200m start line)

5:15 3 x 1600m (1 heat, add times)

5:35 4 x 100m

5:55 3 x 300m Hurdles (add times)

6:10 4000m Distance Medley Relay (1200m, 400m, 800m, 1600m)

6:45 4 x 400m

7:15 Coaches Sprint Medley (100m, 100m, 200m, 400m)

Field event order:

3:00 Boys Pole Vault, Shot Put, Javelin, Long Jump

 Girls Long Jump, High Jump, Discus