

**CLIPPER RELAYS 2018
MEET INFORMATION**

1. The meet will start at 4:30 for the field events and 5:15 for the 4x800. The meet will be an FAT meet so you can use the times and distances for state meet entries. Live results will be available on www.gsrs.com/sstresults/clipper. I am going to start the 4x800 earlier than usual and follow that with the Distance Medley. Having the two distance events at the beginning of the meet will allow for the sprint types to do their jumps and throws before the sprint relays are scheduled. I realize this is going to require some decisions to be made when making up your distance teams.
2. In order to get all the paperwork together, I need your entries for Dis, LJ, TJ, PV in **by noon Sunday April 29**. Enter on directathletics.com. Make your best guess at what will be your seed mark. Enter names of your field event people and we can make changes the day of the meet if necessary. Scratches can take place upon arrival. **All other events need to be entered by Wed May 2 at 6:00PM**
3. Last year there was much confusion about how to enter your field event relays. Directathletics is set up to accept only three entries in each field event. **Go to the individual events to enter your field event people.**
4. The usual relays of 4x1, 4x2, 4x4, 4x8 will be run, the Distance Medley (1200,400,800,1600) and a Special Clipper Steeplechase (1200-800-400-400). The steeplechase won't be using the big barriers since I don't have them. Instead I will set up a flight of low/intermediate hurdles at 100m intervals. Each lap will require negotiating four barriers. This should be fun for your distance runners and regular 300m hurdlers. I intend to start the race with a 1200 (3 laps), and then have an 800 (2 laps) and then two 400's (1 lap).
5. The Discus, Long Jump and Triple Jump will be limited to the top 7 teams per gender as determined by your entries on DirectAthletics. Pole Vault will be limited to the top 5 teams. I will notify you in advance as to which teams qualify. (See #2 above)
6. Only varsity events. No Junior Varsity events will be contested.
7. If there are any problems, call me at home nights 603-379-2447. (Email: stanlyford47@gmail.com).
8. Changing facilities are limited so please come dressed to compete if at all possible.
9. The weather will not stop the meet.
10. A concession stand will be available.
11. T-shirts will be on sale.
12. Please give your team a run down on how relay meets work.
13. Federation rules apply including a 4 event limitation for athletes.
14. **You must use directathletics, as this is the only way to enter the meet.** First place Blue Ribbon t-shirts and 2nd through 6th place ribbons will be presented. Pick up first place t-shirts when the event results are announced.
15. The top six teams in each event score.
16. Composition track and runways - 1/4 inch spikes or less
17. Any comments you may have about improving the Clipper Relays would be appreciated
18. The Boys events will have a non-scoring "Buffalo Relay" at the end of the meet. **A REMINDER! Each member of the team must be 200+ lbs. We will have a weigh in during the regular 4x400. We may have to have two heats.**

**CLIPPER RELAYS 2018
ORDER OF EVENTS**

RUNNING EVENTS

FIELD EVENTS

4:30

**PV (girls first) HJ (two Pits)
SP and Jav (two throwing areas)
Dis(girls first)
LJ(girls first) TJ (boys first)**

5:15

4x800

5:45

**Distance Medley
(1200-400-800-1600)**

6:00

LJ (boys) TJ (girls) Dis(boys)

6:15

Shuttle Hurdles

6:35

4x100

6:50

**Clipper Steeplechase
(1200-800-400-400)**

7:15

4x200

7:30

4x400

7:55

**Buffalo Relay (non scoring-boys only)
Chicken Dance (girls mostly but boys invited too)**

Times are approximate. We will go faster if possible.