

# 34<sup>TH</sup> ANNUAL ROTARY RELAYS INVITATIONAL

## JUNIOR HIGH TRACK & FIELD

Thursday, May 10th, 2018 @ 4:30pm

TUNKHANNOCK MEMORIAL STADIUM

(Rain date: Friday, May 11<sup>th</sup>)



Organized by the Tunkhannock Rotary Club

### TRACK RELAYS

1. 4 x 100/110m Shuttle Hurdles
2. 4 x 800m Relay
3. 4 x 200m Relay
4. 4 x 1600m Relay (simultaneously run)
5. 4 x 100m Relay
6. Mid-Distance Medley (800-400-400-800)
7. 4 x 400 Relay

### FIELD RELAYS

1. 3 x Shotput Relay
2. 3 x Discus Relay
3. 3 x Javelin Relay
4. 3 x Long Jump Relay
5. 3 x Triple Jump Relay
6. 2 x High Jump Relay
7. 2 x Pole Vault Relay

#### Important Event Notes:

- Junior high athletes only (grades 7-9); Varsity 9<sup>th</sup> graders are ineligible; All PIAA eligibility & rules apply
- JH Girls Division & JH Boys Division (separate scoring & awards)
- Entry fee = \$50 per school for 1 Division, or \$100 per school for both Divisions (Boys & Girls)
- Schools may enter only 1 relay team per event per Division; Athletes may enter up to 4 events maximum
- All 7 track events occur in seeded heats; Scores based on best times, regardless of heat
- 5 of the field events (Shotput; Discus; Javelin; Long Jump; Triple Jump) will be open pit / open sector; Athletes are permitted to throw/jump if returning from conflicting track or other field event, but must arrive and compete before that particular field event ends
- 2 of the field events (High Jump & Pole Vault) will run under normal meet conditions; Athletes may enter at any height, but must be present for their desired height attempts
- Team scoring system (points): 10 - 8 - 6 - 5 - 4 - 3 - 2 - 1
- A brief coaches meeting will take place 15 minutes before the meet near the finish line

#### Team Trophies

Best in the Field (Girls & Boys)  
Invitational Champion (Girls & Boys)

#### Medals

Top 3 Relay Teams in all 7 track events  
Top 3 Relay Teams in all 7 field events

All track events professionally timed by:



All registrations completed online via:



**If your school plans to participate, please contact Rod Azar for an entry form:**

**text: 570-606-5475      email: rodmanazar@mac.com**

*... there's no "I" in RELAY*