

Welcome to the 23rd CAROLYN LEGARD RELAYS.

WHEN: Saturday, April 7, 2018 9:30 a.m.

WHERE: W.T. Woodson High School, 9525 Main St., Fairfax, VA 22031. Admission is \$5. Children under the age of 12 are admitted free.

WHO: The first 30 teams committing to participate in the meet. Please contact Katarina Zuber at kazuber@fcps.edu to commit.

ENTRY FEE: \$225 per school (If boys and girls teams are separate, each team is \$115). Once entered, the entry fees are not refundable. Make your checks out to: Woodson High School. Please mail check to: W.T. Woodson HS, c/o Track & Field - Coach Zuber, 9525 Main St., Fairfax, VA 22031

ENTRIES: One relay team per school in each event. There is a limit of 2 athletes allowed per team in the FR/SO 1600 meter run. Each field event is a two person relay. Please enter athletes names for the field events and enter all possible relay athletes names on Milestat.

ENTRY DEADLINE: Wednesday, April 4, 2018 by 11:59 p.m. Entry on Milestat only.

SANCTIONS: Virginia, Maryland, District of Columbia

PARTICIPATION RULES: Each athlete may compete in three running events and any number of field events.

AWARDS: Individual awards will be given to the top three relay teams in each event. Trophies will be given to the top one Boys and Girls teams.

SCORING: FIRST PLACE 10 POINTS
SECOND PLACE 8 POINTS
THIRD PLACE 6 POINTS
FOURTH PLACE 5 POINTS
FIFTH PLACE 4 POINTS
SIXTH PLACE 3 POINTS
SEVENTH PLACE 2 POINTS
EIGHTH PLACE 1 POINT

*FR/SO and 8th grade races are all non-scoring events.

FIELD EVENT PROCEDURES: Field event order will be top seeded flight last. Horizontal jumpers and throwers will be given four attempts, no finals. High jump and pole vault will use the FIVE ALIVE METHOD. Starting heights will be: GHJ 4'2, BHJ 5'2, GPV 6'0. BPV 8'0. The best performance for each athlete in the relay will be combined to determine the relay score must have two athletes per event to score team points.

In the case of a tie in the vertical jumps, total number of misses by both athletes combined will be the tiebreaker. In the horizontal jumps/throws, the best 2nd jump/throw by both athletes combined will be the tiebreaker.

MEET DIRECTOR: Katarina Zuber / kazuber@fcps.edu

Track: You may use 1/4 inch spikes or smaller

CAROLYN LEGARD RELAYS 2018

W.T. Woodson High School
Fairfax , VA 22031

Saturday, April 7, 2018

Girls will run first. The meet will run continuously. If possible, a tentative schedule will be posted after registration close. Field event flights will go lowest seeded flight to best seeded flight. Running events will go fast to slow.

9:00 a.m. Coaches Meeting at finish line

9:30 a.m.

Boys and Girls Long Jump
Boys Discus Throw
Girls Shot Put
Boys High Jump
Girls Pole Vault

12:30 p.m.

Boys and Girls Triple Jump
Girls Discus Throw
Boys Shot Put
Girls High Jump
Boys Pole Vault

9:30 a.m.

4x1600 Meter Relay
100/110 Hurdle Relay (two hurdlers - times will be combined)
Swedish Relay (100-200-300-400m)
4 x 800 Meter Relay
4 x 200 Meter Relay
8th grade 100 Meter Dash *#
8th grade 1600 Meter Run *#
4 x 100 Meter Relay
9/10th Grade 1600 Meter Run *
Sprint Medley (400-200-200-800)
Distance Medley Relay (1200-400-800-1600)
Co-ed Clydesdale Relay - Throwers only - 2 girls, 2 boys
(order will be girl, girl, boy, boy)
9/10th Grade 4 x 400 Meter Relay *
4 x 400 Meter Relay

If you have any 8th grade students who wish to participate, please have them show up at the check-in on 1st call - no registration is needed.

* Non-scoring events (points will not count towards team scores)

There will be concessions and t-shirts on sale throughout the meet.

There will be a fully stocked coaches hospitality room (breakfast and lunch) throughout the meet. Coaches hospitality room is the concession stand located next to the discus cage.