

## **PURPLE, BLACK & WHITE MEET- 2018**

Dates: Wednesday, March 21<sup>st</sup> , Thursday, March 22<sup>nd</sup> & Friday, March 23<sup>rd</sup>

Running events will start each day at 4:00 pm

Wednesday Field Events, starting at 4:00 pm: High Jump , Shot Put

Thursday Running Events (Girls, then Boys): 4x800m Relay, 100m/110m Hurdles, 100m Dash, 1600m Run, 4x100m Relay, 400m Dash, , Pole Vault (during Evening Practice)

Thursday Field Events: Long Jump, Discus

Friday Running Events: 300m Hurdles, 800m Run, 200m Dash, 3200m Run, 4x400m Relay

Friday Field Events: Triple Jump

Captains:

- Purple: Jason Clark, Adam Mason, Kayla Wigle
- Black: Davonte Brown, Lexi Carlisle, Julia Haug, Nicole Re
- White: Haley Alderman, Tyler Amos, Amaya Eaton, Harrison Shay

Guidelines: Everyone must participate in at least one, but no more than two running events per day

Unlimited Field Events, provided that they have practiced them this season.

Everyone must run both days (unless excused by Coach G/Franks...ie: injury, or not in school)

There is 1 scoring relay permitted per team, plus two JV allowed

Coaches must get their own relay splits

Everyone must stay until the end of each day.

Team scoring will be cumulative, although each event will be scored by gender. (5, 3,2, 1- individual; 5, 3- relay). The team score will ultimately be the sum total of the boys and girls events.

Three scorers per team.

Athletes who went to Nationals may not compete. Athletes must have at least 3 documented practices in the last week to compete.

Athletes who have not raced in other events before (ie: 3200m, Hurdles, etc), must do a combination of 100m, 200, 400, 800 or 1600 (3 "consecutive" events).

### **DRAFT GUIDELINES**

The captains, chosen randomly, "draft" the top 15 athletes on their team. The first pick is chosen randomly, with the first team getting the 1<sup>st</sup> pick, the second team getting the 2<sup>nd</sup> pick, and the third team getting the 3<sup>rd</sup> & 4<sup>th</sup> picks, before reversing. After each team has chosen 15 athletes, the remaining athletes are distributed to the teams, alphabetically, divided by group (distance, sprint, throws).

### **LINEUPS**

Captains (coaches) create their own team roster, and are responsible for all changes (ie: absences affecting relays). You must assign each athlete to their events, following the above guidelines. Please note that they are expected to compete in events they may do during the season (ie: 3200m runners may not do the 100m dash). Both teams must have athletes in all running events, for each gender. Lineups must be given (in Excel Format) by 6 pm Sunday to Coach Gilchrist, who will post it by Monday.

### **UNIFORM RULE**

Athletes are expected to wear a shirt/jersey of the color of their team- purple, black or white. These need not be identical, but must be worn during all races.