

# Unicorn Relays

## February 24, 2012

**2:15 pm - Coaches Meeting** (located in blue room of fieldhouse)

**3:00 pm - Field Events**

**Shot Put** - Girls, Boys (3 throws, no finals)

**Discus** - Boys, Girls (3 throws, no finals)

**High Jump** - Girls, Boys

**Pole Vault** - Boys, Girls

**Triple Jump** - Boys, Girls (3 jumps, no finals)

**Long Jump** - Girls, Boys (3 jumps, no finals)

**3:30 pm - Distance Medley Relay** (1200, 400, 800, 1600)

**4:30 pm - Running Events (finals only)** This start time is approximate (we will start the running after field events have concluded, excluding pole vault)

**- Rolling Time Schedule**

**Throwers Relay** - *Girls, Boys (must have competed in shot/disc, no awards)*

**4 X 100 Relay** - Girls, Boys

**800 Meter Run** - Girls, Boys

**100m Hurdles** - Girls

**110m Hurdles** - Boys

**100m Run** - Girls, Boys

**4 x 200 Relay** - Girls, Boys

**Kids Races**

**400m Run** - Girls, Boys

**300m Hurdles** - Girls, Boys

**200m Run** - Girls, Boys

**1600m Run** - Girls, Boys

**4 X 400 Relay** - Girls, Boys

**Sally Kingsbury 400 Meter Fundraiser Relay**

**Thank you for entering into the 2011 Unicorn Relays!** We are looking forward to another great meet.

**This is a one-division (VARSITY) meet.** In all field events you will be able to enter up to 4 athletes. We will have two flights for each field event. You will enter your two top athletes into Flight 1 and your second two athletes into Flight 2. We will do this at the scratch meeting. You will also be allowed to enter 4 hurdlers into each hurdle race. For all relays, you may enter TWO teams.

**Relays:** You may enter two relay teams per division.

**Scoring.** Note that in all individual events, only the top three from your school will score points for the team. Only your top relay will score points for the team.

**Time Schedule.** The running events (excluding the distance medley) will start at 4:30 on a running time schedule.

**Kids Races.** The kids races are races we offer kids ages 4 through 5<sup>th</sup> grade. We run them as quickly as possible and they are fun to watch. If you have a child that would like to run in them, they are more than welcome to. Ribbons are awarded to all participants.

**Entry Fee.** The fee is \$100.00 per team. That is \$100 for girls and \$100 for boys if you are bringing both. Please try to get that in as soon as possible.

**Lunch.** A lunch will be provided to all coaches at the coaches meeting.

**Entries.** Entries. We will have all schools submit their entries upon arrival on the heat sheets. This is a change from prior years. You do not need to fax or email entries.

**Questions.** You may email with any questions, or call our Athletic Office at (830) 627-6111.