Hidalgo County Relays

**April 12, 2019**

* Scratch Meeting from 2:00-2:30 PM in the football fieldhouse
* Coaches and judges meeting at 2:30 in the fieldhouse
* **Entries are due on runnercard.com by Tuesday, April 10 evening. Late entries not accepted**
* National Federation and NMAA regulations will be followed
* 1/4 “ spikes or smaller only, on all surfaces
* Additions may only be made in the place of a scratch
* Implement weigh-in will be located on the cement table on the east side of the fieldhouse between 2:00 and 2:45 PM
* Upon leaving a field event to participate in a running event, athletes will have 10 minutes to return to that event following the conclusion of his/her running event.

**Exception:**  75 minute open pit Long Jump/Triple Jump/Shot/Discus and 90 minute Javelin, however, it is the athlete’s responsibility all jump within the allotted time frame

* In the throwing events, athletes will have 4 total throws with no finals. The top six will place. A scratch line will be used. The first throw will be measured for all athletes. Throws not reaching the scratch line after the first throw will not be measured.
* **The Javelin Event will take place on our artificial turf field inside the track. All participants will us the rubber tipped javelins provided by Lordsburg High School. We have 2 boys and 2 girls javelins to use. NO EXCEPTIONS!**
* Starting blocks will be provided
* Each school may enter 4 athletes per event
* Team trophies will be awarded to the top two teams for boys and girls
* Medals for 1st, 2nd, and 3rd place. Ribbons for 4th, 5th, and 6th place finishers.
* Food will be provided for the coaches and workers during the break
* A concession stand will be available for this track meet
* Locker rooms will not be available
* Restrooms will be available for your convenience
* **We will be using FAT timing system from Cobre HS \*\*\*\*\*\*\*\***

Any Questions text or call Jacque Davenport AD 575-649-5733 Animas, Tracey Jackson 575- Animas Co Coach DJ Saucedo at 575-639-2981 or you may call, text, or email Coach Baisa 575-956-3526 or email lbaisa@lmsed.org

**38th Annual Hidalgo County Relays**

Friday, April 12, 2019 – Lordsburg High School

**3:00 pm – Field Events (no finals, 4 throws/jumps)**

Girls Triple Jump – 75 min. open pit (North Pit)

Boys Long Jump – 75 min. open pit (South Pit)

Boys High Jump – opening @ 5’2

Girls Pole Vault – opening @ 5’6

Boys Shot Put – 75 min. open pit

Girls Discus – 75min. open pit

4:15 pm

Girls Long Jump – 75 min. open pit (South Pit)

Boys Triple Jump – 75 min. open pit (North Pit)

Girls Shot Put – 75 min. open pit

Boys Discus – 75 min. open pit

Girls High Jump – opening @4’0”

Boys Pole Vault – opening @ 8’0” \*\*\*may start as soon girls completed

5:30 pm

Girls Javelin – 90 min open pit (**girls and boys must use rubber tipped javelins furnished by LHS)**

7:00 pm

Boys Javelin – 90 min. open pit \*\*\*may start as soon as girls completed

**4:00 pm – Running Events**

Girls 1600m Run

Boys 1600m Run

Girls 100m Int. Hurdles

Boys 110m High Hurdles

Girls 400m Relay (4 x 100)

‘ Boys 400m Relay (4 x 100)

Girls 100m Dash

Boys 100m Dash

Girls 800m Run

Boys 800m Run

Girls 800m Relay (4 x 200)

Boys 800m Relay (4 x 200)

**\*\*\*\*INTERMISSION\*\*\*\* TIME TBA**

Girls 400m Dash

Boys 400m Dash

Girls 300m Low Hurdles

Boys 300m Int. Hurdles

Girls 1600m Medley Relay (200-200-400-800)

Boys 1600m Medley Relay (200-200-400-800)

Girls 200m Dash

Boys 200m Dash

Girls 3200m Run

Boys 3200m Run

Girls 1600m Relay (4 x 400)

Boys 1600m Relay (4 x 400)

**\*\*\*\*AWARDS\*\*\*\***