**2023 j.m. Hanks Norman Phillips Relays**

Welcome to the 2023 J.M Hanks Norman Phillips Relays. This meet is being held in honor of Coach Norman “Daddy” Phillips who coached and mentored countless student-athletes and coaches in the Hanks Community starting in 1994 when he joined the Hanks staff as a retired coach after many successful years at Irvin High School. For those that didn’t know him, he was always a fan of letting Track & Field athletes have fun and try new events and build a team community. We hope this meet allows you to build on your team dynamic and connections and have some fun getting started this season with some varied events and to allow a look at individual and team event marks with less stress on division placement.

Meet entries and setup: We are running **ONE Division (Open)** to allow all athletes to compete in this meet and each team will be able to enter up to **TWO Relays** per event. **Athlete names must be entered into Runnercard under each Relay**. Entry limits will remain the same for all athletes with a maximum of 5 events total with no more than 3 being running events. We will have a combined team score with boys, girls, and co-ed races all being tallied for your first team to finish in the total score. **Please do not enter a time or distance mark.** Seeding will be random.

**Entries will be due on Runnercard by Wednesday February 8, 2023 by 7:00 PM**.

**Running events** will be made up of 4 individuals (4 Boys, 4 Girls, or Coed where specified) You will need to enter each team as A or B. (Example: Hanks Girls A or Hanks Girls B). Only your top finishing team will score in the final point total.

**Field Events** will be made up of 3 individuals per team. Each athlete will get 4 jumps/throws, with the exception of HJ/PV which will be run traditionally. The best mark for each individual will be added together to make the team score. Individuals will only score under the team they are listed, either A or B. In the event of No Mark for one team member the score will be added in as 0’0” to the team score but the team will still be added with the remaining two marks. If you have less than 3 individuals they can still jump/throw and we will score what is entered. Only your top finishing team will score in the final point total. Athletes need to **check in at least 15 minutes prior to the start time.**

Races will be timed finals if more than one heat is necessary and will be run Girls Followed by Boys with the exception of the Coed Races.

**Meet Work Assignments: Please bring your own tape measure and workers.**

High Jump- Hanks Pole Vault- Del Valle

Discus- Coronado Shot Put- Ysleta

Triple Jump- Hanks Long Jump- Bel Air

We will ask for everyone to help with relay exchange zones and will announce when needed for you to send a representative.

Below is the schedule of events for the meet with instructions for entries included:

**FRIDAY**

**4:15 PM Coed 4x100/110 Shuttle Hurdles**

**3:00 PM High Jump**

Girls followed by Boys

**3:00 PM Discus**

Boys followed by Girls

**3:00 PM Triple Jump**

Boys followed by Girls

Girl-Boy-Girl-Boy

Hurdles will be set North to South as the girls 100H and they will run extra 10 Meters and South to North as boys 110H height. Team members must wait to start until teammate has ran past the 110 M Line.

**4:45 PM 4x1600**

Waterfall start with exchanges in 4x400 zone.

**5:30 PM 4x100**  Traditional race

**6:00 PM Weight man 4x100**

Exchange Zones will be enforced. Must have competed at this meet in the Throwing events to run and this will be scored as well.

**6:30 PM 4x400**

Traditional Race.

**SATURDAY**

**8:00 AM Pole Vault**

Girls followed by Boys

**8:00 AM Shot Put**

Boys followed by Girls

**8:00 AM Long Jump**

Boys followed by Girls

**9:00 AM 4x800**

Traditional Race Staggered Start first runner will cut in.

**9:30 AM SMR 100,100,200,400** 100 and 200 runners will use the traditional 4x1 exchange zones and the 400 person will be at the anchor exchange zone for the traditional 4x400 handoff and may cut in once they have received the baton and have a clear lane to move over. Please tell your 3rd leg to stay in their lane until all anchor runners have moved on from the zone.

**10:00 AM 4x200** Traditional Race and exchange zones.

**10:30 AM DMR 1200,400,800,1600** Waterfall start to be exchanged at the 4x4 zone.

**11:15 AM Coed 4x400**

Girl-Boy-Girl-Boy Traditional Exchange zone.



We will have a concession stand with water, Gatorade, and snacks, but please tell your athletes that it will be **cash only.**

We will also have coaches and worker hospitality in the press box.

Hanks High School “Norman Phillips Excalibur Relays”

**High Jump-F**

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Long Jump-S **Triple Jump-F**

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Shot Put-S **Discus-F**

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Pole Vault-S

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4x1600

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Entry Sheets FRIDAY

Coed Hurdles

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4x100

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Weight Man

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4x400

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Coed Hurdles

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B\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

G\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Weight Man

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Saturday

4x800

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Sprint Medley

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4x200

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Distance Medley

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4x800

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Sprint Medley

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400\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4x200

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Distance Medley

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1600\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

CO-ED 4x400

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Boy\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Girl\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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CO-ED 4x400

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