

GRAIN VALLEY HIGH SCHOOL RELAYS
Tuesday, March 28th, 4:00 pm
Grain Valley High School, 551 SW Eagles Parkway, GVMO

TEAMS: Grain Valley Belton Pleasant Hill St. James Acad .
O'Hara Center Summit Christian Lee's Summit Girls

ENTRIES: Entries will be entered on Athletic.net. Please have entries in by Sun. 26th by 5 pm.
When entering field events, just enter all three athletes or as many as you have for your team and we will add them up.
It is all relays, so you can physically sub on all relays right up until meet time.
Entry questions can be directed to; pandreas@gvr5.net
Meet questions can be directed to: mcleveland@gvr5.net

ENTRY FEES: Entry fee is \$200 per school (\$100/Boys and \$100/Girls). Please make checks payable to Grain Valley Schools, mail to Attn: Brandon Hart, AD, PO Box 304, GVMO, 64029

TIMES: Coaches Meeting- 3:30pm, Running- 4pm, All field events- 4pm

EQUIPMENT: The track is synthetic rubber and requires no more than 3/16" pyramid spikes. The shot and discus area is concrete. Starting blocks will be furnished. Javelin will take place on the grass practice field.

BULL PEN: Location of the bullpen will be at the 50 yd line and athletes need to be on time upon announcement & check in.

BAR HEIGHT: Beginning bar height will be determined by entries.

CONDUCT: Spectators, coaches and other participants are instructed to avoid the finish area. Teams may make camp in the bleachers or outside the track on the north end of the facility. Your cooperation in these matters will be greatly appreciated.

CONCESSIONS: Concessions and restrooms will be available. You are responsible for your own valuables. Coaches will receive a lunch ticket good for sandwich, chips or candy, and drink at the concession stand.

AWARDS: Medals will be awarded to the top 3 places in each event. A trophy will be given for the first place team in each division and one for combined champion.

SCORING: 10 – 8 – 6 – 5 – 4 – 3 – 2 – 1
In the event of a tie, the tie breaker will be best mark by team member.

ASSISTANCE: We need your help in making our track meet a success. We ask that The following assist by timing, picking, and judging curves/exchange zones.

Starter:	- TBA	Head finish judge	- Grain Valley
Head field judge	- Grain Valley	Bull Pen	- Grain Valley
1st -	Pleasant Hill	5th -	St. James
2nd -	Center	6th -	Lee's Summit
3rd -	Belton	7th -	SCA
4th -	O'Hara	8th -	Grain Valley

Exchange Zones: As this is a relay meet, exchange zones will vary with each event. Please be ready to help out where needed.)

Zone 1 – Belton/O'Hara

Zone 2 – St. James/Pleasant Hill

Zone 3 – Center/Grain Valley

4:00 Field Events

Girls Discus (boys to follow)

Boys Shot Put (girls to follow)

Boys Long Jump (girls to follow)

Girls Triple Jump (boys to follow)

Girls High Jump (boys to follow)

Boys Pole Vault (girls to follow)

Boys Javelin to run simultaneous with Girls