

**CREEK RELAYS....FINAL INSTRUCTIONS**

**FRIDAY, APRIL 24, 2009**

**TIMES:** 3:30 coaches meeting / 4:00 field events/ 4:30 XC relay / 5:30 running events

<b>TEAMS:</b>	<b>LARGE SCHOOL DIVISION:</b>	<b>SMALL SCHOOL DIVISION:</b>
Based on	Carman-Ainsworth	Kearsley
Enrollment	Brandon	Owosso
	Davison	Linden
	Fenton	Goodrich
	Swartz Creek	Powers

**SCORING:** 6-4-3-2-1

**AWARDS:** Medals (top 3 places in both divisions) Team Trophies 1<sup>st</sup> & 2<sup>nd</sup>

**LANES:** Drawn at Bull Pen ...SM. Div Girls 1<sup>st</sup>, followed by LG., then boys  
to follow

**DISTANCE MED./ 3200 RELAY / CROSS COUNTRY / ALL ONE HEAT**

**BULL PEN:** SOUTH GOAL POST: NEED ONLY SEND 1 RUNNER WITH CARD

**Entry Cards:** (3 x 5 index cards) to clerk at start of race...field events at event (include first names  
We don't need times)

**Field Events:** 2-person combined (ties broken by combined misses and highest/longest effort)  
**LONG JUMP:** 4-jumps: Girls (4:00-4:45) followed by boys  
**HIGH JUMP:** Boys: 5'2"+2" raises Girls follow 4'2"+2" raises  
**SHOT/ DISCUS:** Girls Discus/ Boys shot 4 throws (1 EXTRA team in EITHER)  
**POLE VAULT:** Boys 9'/10'/10'6"+6" raises followed by Girls 6'/7'/7' 6"+6 " raises

\*\*\*\*\* **COACHES NOTE:** we will be enforcing the 1 and 1 ½ Min. time limit\*\*\*\*\*

**6 MI XC** (4:30 girls) Boys to follow (4-man teams x-c scoring) Start/finish on track (see map )  
**NOTICE: TRAILS WERE ELIMINATED, BUT COURSE STILL MAY BE ROUGH AND MUDDY IF IT RAINS. May run extra runners.just don't go through finish chute**

**HURDLES:** 4-man girls 4x 100 M. lows ....boys 4 x 110 M. 2 high ht./ 2 IM ht.

**400 M. Shot** MUST USE ONLY THE 4 MEN ON ACTUAL THROWING TEAMS. Indoor shot is preferred for safety. Relay will score for Medals but NOT team points.

**FROSH. R.:** Freshmen only please

**PARKING:** Please park busses on WEST side of stadium

**Admissions:** Adults \$5//.teams should be in uniform for free admission

**Concessions/Restrooms:** Are on the field...Please keep kids out of school and locker-rooms.

**MEDALS:** In packets at end of meet at press box.

**TROPHIES:** Presented on field after meet

**RESULTS:** new website:[www.creekrelays.org](http://www.creekrelays.org)

**QUESTIONS:** Dave Carey (810) 591-1869 school / (810) 655-8717 home

Thank you for your support of the Creek Relays. I hope your athletes have fun and have good performances as best as weather permits.