

Royal Relays

Overfelt High Track & Field

April 1, 2017

Coaches,

Welcome to the 1st annual Royal Relays Invitational. The meet will be Saturday, April 1, 2017 at William C. Overfelt in sunny San Jose. All events contested will be in team/relay format. We would like to accommodate as many teams as possible, unfortunately our limit is about 40, and therefore early registration is suggested.

Medals will be awarded for 1st – 3rd place. Team trophies will be awarded to the top teams in each of the three divisions; frosh-soph boys, varsity girls and varsity boys.

Time: Field events will start at 9:00 a.m.
Track events will start at 10:00 a.m.

Entries:

1. All events, including jumps and throws, are relays requiring 4 athletes.
2. The divisions are: F/S boys, varsity girls, varsity boys.
3. The 4x100/110H is a varsity co-ed race consisting of 2 girls and 2 boys.
4. Each school is limited to 1 team per event per division. No entries exceeding this limit will be accepted. Register at www.directathletics.com.

Entry Fees: No individual events.
Relays are \$20.00 team.
The maximum entry fee per school is \$400.00.
Make check payable to: **Overfelt High (Track & Field)**

Schedule: Field Events will start at 9:00 a.m. on a rolling schedule. All field event athletes must check-in with event official at their event site 30 minutes prior to start of their event.
Running events will start at 10:00 a.m. on a rolling schedule after the start of the first event. Printed event start times are estimated and therefore subject to change. All running event athletes must check in with the clerk of the course 30 minutes prior to start of their event.

Events: 4x100, 4x100/110H, 4x200, 4x400, 4x800, 4x1600, Sprint Medley, Distance Medley, High Jump, Long Jump, Triple Jump, Shot Put, Discus (teams of four).

MEET DIRECTOR

Kerry Terry , Overfelt T&F

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Contact number: (408) 772-3960

Field Events –

- 9:00am
- 1 F/S Boys Long Jump
 - 2 F/S Boys Shot Put
 - 3 Varsity Girls Discus
 - 4 Varsity Girls High Jump
 - 5 Varsity Boys Triple Jump
- 10:30am
- 6 F/S Boys High Jump
 - 7 Varsity Girls Shot Put
 - 8 Varsity Girls Triple Jump
 - 9 Varsity Boys Discus
 - 10 Varsity Boys Long Jump
- 12:00pm
- 11 F/S Boys Discus
 - 12 F/S Boys Triple Jump
 - 13 Varsity Girls Long Jump
 - 14 Varsity Boys Shot Put
 - 15 Varsity Boys High Jump

Running Events –

- 10:00am
- 16 F/S Boys 4x1600m Relay
 - 17 Varsity Girls 4x1600m Relay
 - 18 Varsity Boys 4x1600m Relay
- 11:30am
- 19 F/S Boys 4x100m Relay
 - 20 Varsity Girls 4x100m Relay
 - 21 Varsity Boys 4x100m Relay
- 12:30pm
- 22 F/S Boys Sprint Medley Relay (200, 200, 400, 800)
 - 23 Varsity Girls Sprint Medley Relay (200, 200, 400, 800)
 - 24 Varsity Boys Sprint Medley Relay (200, 200, 400, 800)
- 1:15pm
- 25 F/S Boys-Girls 100/110m Shuttle Hurdle Relay (G-B-G-B)
 - 26 Varsity Boys-Girls 100/110m Shuttle Hurdle Relay (G-B-G-B)
- 1:45pm
- 27 F/S Boys 4x800m Relay
 - 28 Varsity Girls 4x800m Relay
 - 29 Varsity Boys 4x800m Relay
- 2:45pm
- 30 F/S Boys 4x200m Relay
 - 31 Varsity Girls 4x200m Relay
 - 32 Varsity Boys 4x200m Relay
- 3:45pm
- 33 F/S Boys Distance Medley Relay (1200, 400, 800, 1600)
 - 34 Varsity Girls Distance Medley Relay (1200, 400, 800, 1600)
 - 35 Varsity Boys Distance Medley Relay (1200, 400, 800, 1600)
- 4:30pm
- 36 F/S Boys 4x100m Weight Persons Relay
 - 37 Varsity Girls 4x100m Weight Persons Relay
 - 38 Varsity Boys 4x100m Weight Persons Relay
- 5:00pm
- 39 F/S Boys 4x400m Relay
 - 40 Varsity Girls 4x400m Relay
 - 41 Varsity Boys 4x400m Relay

1. All field events will begin at 9:00am; f/s boys will start with the long jump and shot put, varsity girls will start with the discus and high jump, while the varsity boys will start with the triple jump. Upon completion of an event, divisions will rotate to next scheduled event. Everyone will have 4 throws.
2. In the LJ/TJ all athletes will have 4 jumps. If jumper scratches, those marks that are legal will be added for the team score.
3. The HJ will begin with the bar at 4'0" for the girls 5'0" for the boys. The bar will go up 4" at a time till 5'0"(girls) 6'0"(boys) where it will then be raised 2" at a time.
4. The first running event will begin at 10:00am. The printed schedule is subject to change based on the number of teams entered. The meet announcer will provide all pertinent updates to athletes, coaches and spectators.
5. Remember in all field events each team must have four entrants. The best mark of each entrant will be used to compute the total team mark. Should 1 of your athletes scratch all jumps or throws, the remaining athletes' scores will comprise the team score.
6. Clerk of the course; All teams must check in with the clerk 30 minutes before event and should remain in the staging area to be lead to the start line when called. Clerk will reseed heats if needed.
7. Coaches meeting: 1 rep from each team will meet in the center of the field at 8:30am to provide last minute updates and scratches to reseed relay/shuttle hurdle races .
8. There will be locker room and portable restroom availability.
9. There will be a (\$5.00) charge for all spectators over the age of 10 and a (\$2.00) charge for students with valid school ID. Parking will be available in the student parking lot, and on the street. There will be a concession stand open, and there will be meet t-shirts available for \$15. You may bring your entry fee (Checks made out to Overfelt High School (Track & Field)) with you to the meet or mail it to the school; WC Overfelt, 1835 Cunningham Ave, San Jose, Ca, 95122. This meet will be run rain or shine and there will be no refunds of entry fees.
10. Due to the nature of first meets, all first place winners will be meet record holders. Join Overfelt in making the Royal Relays a success.