

Royal Relays

Overfelt High Track & Field

March 30, 2019

Coaches,

Welcome to the 2nd annual Royal Relays Invitational. 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.

Location: William C. Overfelt
1835 Cunningham Ave, San Jose, Ca, 95122

Date: March 30, 2019

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

Entries:

1. All running events except the hurdles, are relays requiring 4 athletes.
2. Hurdle relays require 3 athletes. Jumps and throws require 3 athletes.
3. The divisions are: F/S boys, varsity girls, varsity boys.
4. Each school is limited to 1 team per event per division. No entries exceeding this limit will be accepted.

Entry Fees: No individual events.
Relays - \$20.00/team. Hurdle, jumps and throws events - \$15.00/team.
The maximum entry fee per school is \$400.00.
Make check payable to: **Overfelt High School (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 not official. All running event athletes must check in with the meet clerk 30 minutes prior to start of their event.

Events: 4x100, 4x200, 4x400, 4x800, 4x1600, Sprint Medley, Distance Medley, (4 entries per team). 4x100/110H, High Jump, Long Jump, Triple Jump, Shot Put, Discus (3 entries per team).

Registration: Register at <http://www.directathletics.com>

MEET DIRECTOR

Kerry Terry , Overfelt T&F

Email: 1kterry@sbcglobal.net

Contact number: (408) 772-3960

Field Events – Check in time is 30 minutes before start of event.

- 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 – Check in time is 30 minutes before start of event.

- 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
23 Varsity Girls Sprint Medley Relay
24 Varsity Boys Sprint Medley Relay
1:15pm
25 Girls 100m Shuttle Hurdle Relay
26 Boys 110m Shuttle Hurdle Relay
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
34 Varsity Girls Distance Medley Relay
35 Varsity Boys Distance Medley Relay
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 long jump/triple jump all athletes will have 4 jumps. If jumper scratches, those marks that are legal will be added for the team score.
3. The high jump will begin with the bar at 4'0 for the girls 5'0for 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. Remember in all field events each team is limited to three entrants. The best mark of each entrant will be used to compute the total team mark. In the event your athlete fouls on all attempts, the remaining athletes' marks will comprise the teams score.
5. Clerk of the course; all teams will be entered and should report to the start line when called. It is assumed all teams are entered in all relays. Clerk will reseed heats at the line if needed.
6. Coaches meeting: 1 rep from each team will meet in the center of the field at 8:30am to discuss meet format and possible scratches to reseed relays/shuttle hurdles and other miscellaneous Information.
7. There will be locker room and portable restroom availability.
8. There will be a (\$5.00) charge for all spectators over the age of 10 and a (\$2.00) charge for students with ID. Parking will be in the student & faculty parking lots, 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 (Made out to Overfelt High School) with you to the meet or mail it to the school. This meet will be run rain or shine and there will be no refunds of entry fees.

ENTRY DEADLINE IS TUESDAY, MARCH 26, 2019