

45th Don Holder Relays - Meet Information

Saturday, March 30, 2019 – Zaepfel Stadium, Yakima WA

Entry Fee: There is a **\$125.00** Team Entry Fee for this meet. Checks should be made out to *Eisenhower ASB* and mailed to:
Eisenhower High School
c/o Phil English
611 S. 44th Avenue
Yakima, WA 98908

Please attach a copy of the provided invoice (as posted) to your payment.

Start Time: The meet will start promptly at **10:00AM**.

Coaches Meeting: 9:30AM on the infield near the finish line.

Events: See the event schedule (posted on <*Athletic.net*>) for a complete list for Frosh Girls, Frosh-Soph Boys, and Varsity Boys and Girls events and start times. *Note that any athlete competing in any Frosh-Soph or Frosh event is ineligible to compete in any Varsity event.* Also, any Varsity event competing athlete, or non-freshman girl, or non-freshman or sophomore boy competing in a Frosh or Frosh-Soph event will be considered an exhibition athlete non-competitor.

Parking/Tents: Please park busses at the West Parking Lot, or at the adjacent Wilson Middle School. The North Side Parking Lot (on Tieton Dr.) is reserved for spectator parking. **There is a small flat grass area available for team tents under the North bleachers of Zaepfel Stadium. Team tents are also allowed in the North or South bleachers.**

Registration: An event schedule and roster will be printed out and placed in the team packets, and available at the timing booth. The full event schedule will also be posted at the Meet. **Registration closes on <*Athletic.net*> at 5:00PM on Friday, March 29th.** Bibs will include the event information for each athlete with flight, or heat and lane information for each event. Any Athlete with a bib who wants to enter an event after 5:00PM Friday, must acquire a bib at the finish line Timing Booth and then check-in with the Course Clerk or Field Event Clerk, at or before the first call for the event, and request their name and bib number be penciled in for a flight/heat (at the discretion of the Course Clerk or Field Event Clerk.) **NOTE:** The only changes made at the Timing Booth should be the resolution of data or registration errors, and the issuing of bib numbers to unregistered athletes (not entered in any event), from registered teams (**No need to submit 'drops'**).

Warm-Ups and Spike Lengths: Please keep the infield clear for warm-ups only. On the track, warm-ups will be limited to on the North side, outside the 'blue-line' on lane 6. **ALL SPIKES are preferred to be no longer than 3/16"** (or 1/4" at the absolute longest). We will be checking for spike length in all events (including the javelin).

Running Events: All final results will be based on heat performances. **There will be no finals.** Heats will be seeded slowest to the fastest, allowing for the addition of competitors to the earlier heats at the discretion of the Course Clerk. All running event athletes must wear their assigned number on the front of their uniform during the meet.

Field Events: At the scheduled event time, please check in with the Event Clerk at the site of event. Each flight consists of approximately 10 individuals, with current flight number and scheduled participants posted near each event. Athletes will complete all their attempts in rotation before a new flight begins. There will be 3 attempts in all the jumps and throws. **There will be no finals.** All throwing and horizontal jumping flights will be seeded longest to shortest, allowing for addition of competitors to the later flights at the discretion of the Event Clerk. Vertical jumping events will be seeded lowest to highest. All field event athletes must wear their assigned number on the front of their uniform during the meet. (Pole-vaulters may wear their number on the back, while competing in the Pole Vault). Jumpers are advised to set their marks before the event begins, and will be allowed one run-through.

Admission: All competing athletes (dressed in school warm-ups) and coaches will be admitted free to the meet. Teams must enter by the South Gate. Admission will be charged for all spectators.

Adults \$5.00
Students (w/I.D.) and Senior Citizens (65+) . . . \$4.00

Team Scoring 10-8-6-4-2-1 for places 1st-6th respectively in all Varsity Events. There will be no team scoring for Frosh-Soph and Frosh events.

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Entry Limits The following entry limits are in effect:

- Only 1 relay team per school may enter and score in each event.
- Only 3 Athletes per lane event, (i.e. 100m, 400m, Hurdles, etc.) from each school may enter and score.
- Only 3 Athletes in each Individual Field Events from each school may enter and score.
- Only 3 Throwers/Jumpers per Varsity Field Event Relay (Discus, Shot and LJ) may enter and score for each team.
- Only 3 Runners in the 1600m, 3200m, and Steeplechase may enter and score for each team.
- Only 2 Athletes per each school may enter in each Frosh or Frosh-Soph event.

Throwing Events: A minimum measuring distance will be in effect for the Discus, Javelin, and Shot:

- Boys' Discus 80 ft.
- Girls' Discus 60 ft.
- Boys' Shot 30 ft.
- Girls' Shot 25 ft.
- Boys' Javelin 80 ft.
- Girls' Javelin 60 ft.

Vertical Jumping Events: Minimum starting heights will be in effect for the High Jump, and Pole Vault:

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|------------------|-----------|-------|-------------------|
| Frosh Girls' | High Jump | 4'-0" | |
| Varsity Girls' | High Jump | 4'-4" | Pole Vault 6'-0" |
| Frosh-Soph Boys' | High Jump | 4'-8" | Pole Vault 7'-0" |
| Varsity Boys' | High Jump | 5'-4" | Pole Vault 10'-0" |

Awards: There will be Medals for the winners in all events.

Places 2nd thru 6th will receive Ribbons.

Team Trophies will be awarded for 1st and 2nd places

The top Combined Boys and Girls Team will receive a Trophy.

There will be Memorial 'Traveling' Trophies for the following events:

- Boys' 4x400m Relay
- Boys' 2000m Steeplechase
- Girls' 4x400m Relay
- Girls' Triple Jump
- Boys' Discus Relay
- Girls' 400m
- Boys' 1600m

Timing: Fully Automatic Timing (FAT) will be in use for all running events, including the Steeplechase.

Results: A complete packet of results will be available for coaches at the conclusion of the meet, on request. Results will be posted on <Athletic.net> immediately after the meet concludes.

T-Shirts: Uniquely designed shirts will be on sale for the Don Holder Relays!

Concessions: A concession stand will be open for business for the duration of the meet.

Thanks for Competing!