

46th ANNUAL JEFFERSON INVITATIONAL RELAYS
SATURDAY, APRIL 10, 2010

MEET INFORMATION

ATTENTION: TAKE EXIT 137 ON TO THE HWY 11/129 BYPASS. EXIT OFF THE BYPASS AT OLD SWIMMING POOL ROAD AND YOU WILL COME IN AT THE BACK OF THE STADIUM.

01. The 2010 Jefferson Invitational Relays has been sanctioned by the Georgia High School Association and will be run in accordance with the GHSA rules. All contestants must be eligible and certified and must compete under GHSA regulations.

Any one individual may compete in a total of five (5) events as a maximum, but not more than three (3) individual events (including 100m, HH, IH, PV, LJ, TJ, HJ, SP, and DT) nor more than four (4) running events (including 100m, HH, IH, and all relay races).

02. A concession will be in operation during the meet. Also there are fast food restaurants at exit 137 on Interstate 85, four miles north of Jefferson on Highway 129.

03. Relay teams and individuals will be seeded into events on the basis of the times and distances submitted on the entry blanks. All track events will be run as a **FINAL** in sections against time.

04. Each school may enter a maximum of two (2) contestants in each individual event; each school may enter only one relay team in each race.

05. Scoring will be on a 10-8-6-5-4-3-2-1 basis for all boys and girls events. There will be a separate scoring for Group I (AAAAA, AAAA, AAA) and Group II (AA, A).

06. Awards: Each division will be awarded medals and trophies as follows:

Medals: To 1st, 2nd, and 3rd places in all events.

Trophies: To team champion, runner-up, and third place school. To each winning relay team.

07. Ties: In the event of a tie in the relays run on time, trophy and medal winners will be determined by lot. In the event of a tie in the Field Events the higher place will be determined as established in the 2010 National Federation Track and Field Rules. If ties between medal winners cannot be broken, then the medal winner will be determined by lot. The loser of the coin toss will receive the lower place award.

08. The track and jumping areas require the use of either flats or spikes. The spikes may not be over **one-quarter** inch.

09. Starting blocks will be furnished. Each School must furnish their own baton, shot, discus, and vaulting pole. All vaulting poles must be properly marked. When each coach submits his/her entry, he is certifying that his/her vaulters will not vault with a pole which is rated below the vaulter's current weight.

10. All Jefferson Relays Records are displayed on the record board located behind the press box.

11. All participants should listen for the "calls" for their events and report to the clerk of course. Failure to report upon request could mean immediate and final disqualification.

12. All spectators, managers, and coaches who are not officiating in the meet shall be in the stands during the running events. **ALL BUSES AND SCHOOL VEHICLES WILL BE PARKED IN THE UPPER PARKING LOT AND IN THE LOT ACROSS THE STREET FROM THE STADIUM. THERE WILL BE NO PARKING IN THE FIELD HOUSE PARKING LOT. ALL ATHLETES AND COACHES SHOULD ENTER THE UPSTAIRS GATE OF THE STADIUM. THIS SHOULD MINIMIZE ANY CROSSING OF THE TRACK DURING THE RUNNING EVENTS. THE FIELD HOUSE GATES WILL BE LOCKED.**

13. **IMPORTANT:** There will be no scratch meeting before the start of the meet. Entries may be submitted online using the entry link at www.jeffersondragons.com or by fax and must be received by **Monday, April 5th**. The fax number is 706 367 1884. **The deadline for faxes is 3:00 p.m. on Monday, April 5th.**

14. **THERE WILL BE NO CALL IN TO CONFIRM THE ENTRIES YOU HAVE SUBMITTED BY MAIL OR FAX.** Wait as late as possible to send your entries so that your times will be up to date. Substitutions, but not additions, will be allowed. **Each substituting competitor must report at the first call to the event official or to the clerk of course.**

EVENTS INFORMATION

- 4x100m Relay** Will be run as a final event in sections against time (see time schedule). Each runner runs 100m and will remain in the assigned lane throughout the entire race (two turn stagger – acceleration zone may be used).
- 4x200m Relay** Will be run as a final event in sections against time (see time schedule) Each runner runs 200m and will remain in the assigned lane throughout the entire race (four turn stagger – acceleration zone may be used).
- 4x400m Relay** Will be run as a final event in sections against time (see time schedule) Each runner runs 400m with the first leg will run in lanes. The second leg will break for the pole after the exchange (two turn stagger – last two exchanges will be “sliding exchanges”).
- 4x800 Relay** Will be run as a final event in sections against time (see time schedule) Each runner will run 800m. Water fall start – no staggers – all three exchanges will be “sliding exchanges.”
- Sprint Medley** Will be run as a final event in sections against time (see time schedule). The first two legs will run 200m. The third leg will run 400m, and the fourth leg will run 800m. The first three legs will

be in lanes. The fourth leg (800m) may break for the pole after the exchange (four turn stagger acceleration zone may be used only on first two exchanges).

Distance Medley Will be run as a final event in sections against time (see time schedule). The order of running is: 800m – 400m – 1200m – 1600m. Waterfall start – no staggers – all exchanges are “sliding exchanges”.

All Hurdle races Will be run as a final event in sections against time (see time schedule).

Throws & Horizontal jumps Each competitor will receive three (3) trials with eight to qualify for the finals. Three additional attempts will be allowed in the finals. Minimum distances will be determined by the entries and the weather conditions.

High Jump The starting heights will be determined by the entries and the weather conditions. The bar will be moved up in two inch intervals until only two competitors remain. Tentative – 1G 4’6”’, 1B 6’, 2G 4’ 4”’, 2B 5’ 10”’

Pole Vault The tentative starting height will be 10’0”’ for boys and, 6’6”’ for girls, with six inch (6”) increases until only two competitors remain.

REMINDERS: Entries may be mailed, e-mailed or faxed, but must be received no later than 3:00 p.m. on Monday, April 5th, 2010.

Mail entries to: Tim Corbett, Track Coach
FAX: 706-367-1884
Jefferson High School
575 Washington St.
Jefferson, GA 30549

ENTRIES FEES: E-mail entries to: tcorbett@jeffcityschools.org
The entry fee for entering **both boys and girls** is **\$175.00**. The entry for entering **boys team only** or **girls team only** is **\$100.00**.