



# AAA Conference Relays 2021

## Cardinal Ritter

**Date:** Friday, March 26<sup>th</sup>, 2021

**Time:** Coaches Meeting: 3:30 PM  
Field Events: 4:00 PM  
Track Events: 4:00 PM

**Meet Entries:** We will use TRXCTiming for online entries and timing.  
Entries are due no later than **Wednesday, March 24<sup>th</sup> at 5:00 PM** – [Online Entry Link](#)

**Scratches/Changes:** Coaches can manage their roster until **Friday, March 26<sup>th</sup> at 9:00 AM** – [Scratches / Changes](#)

**Coaches Meeting:** There will be a coaches meeting at 3:30 PM in front of the press box.  
Each team must have at least 1 representative present.  
We will make final scratches and heat adjustments if necessary. **There will be NO ADDS.**

**Track Events:** You may enter four athletes in open events; (1) Varsity relay per team.

**Field Events:** All field events (aside from HJ) will be run cafeteria style with 4 attempts & no finals.  
Each pit/ring will be open for 1 hour; a final attempt announcement will be made with 10 mins left in the competition;  
Run-throughs will NOT be allowed once the event has started. Each school may enter up to 4 competitors.  
The team score will be the total distance of each athlete best performance divided by 4.  
If a team has one competitor his/her performance will be divided by 4.

**Awards:** A team champion plaque will be awarded to the first place team in each division (Boys/Girls).  
Medals will be awarded to the Top 3 places in each event.  
Team Scoring will follow the 10-8-6- 4-2-1 format for all events.

**Team Camps:** Team Camps must be set up around the track and in the south end of the track behind the press box or visitor's side.  
**PLEASE, NO TEAM TENTS IN THE STANDS.**

**Warm-Ups:** Team warm-ups must be completed on the track or back field

**Field Access:** Coaches & Administrators, please help supervise your program as we would like to limit the field (turf) infield access to **COACHES ONLY and pre-race warm ups**. Please ensure that your athletes are not setting up a small camp on the infield or in the designated warm-up areas. We have plenty of seating available in the stands, hills and walkways. **Prior to competition, competing athletes will be allowed to warm up from the South End Zone to the starting at the 20 yard line. This area will be roped off for competitors who are warming up for their upcoming event.**

**Admission Fee:** Adults - \$5.00; Students K to HS - \$3.00; seniors 62+ and under Kindergarten – Free.

**Concessions:** There will be concessions available.



# AAA Conference Relays 2021

## Cardinal Ritter

**FRIDAY, MARCH 26<sup>TH</sup> 2021**

3:30 PM – Coaches Meeting in front of the Press box

3:55 PM – Opening/National Anthem

**Field Events** (Warmups begin at 3:30 PM)

4:00 PM Long Jump Relay: **Girls & Boys**  
Javelin Relay: **Girls**  
Shot Put Relay: **Girls**  
High Jump Relay: **Girls**  
Discus Relay: **Boys**

5:30 PM Triple Jump Relay: **Boys & Girls**  
Javelin Relay: **Boys**  
Shot Put Relay: **Boys**  
High Jump Relay: **Boys**  
Discus Relay: **Girls**

**Running Events:** **Rolling schedule**...times offered are only estimates. (Events scored as open events not relays)

4:00 PM 4 x 800 Meter Relay Girls  
4 x 800 Meter Relay Boys

4:15 PM Girls 100 Meter Hurdles \*

4:30 PM Boys 100 Meter Hurdles \*

4:45 PM Girls 100 Meter Dash \*  
Boys 100 Meter Dash \*

5:00 PM 4 x 200 Meter Relays Girls  
4 x 200 Meter Relay Boys

5:20 PM Girls Distance Medley (1200-800-400-1600)  
Boys Distance Medley (1200-800-400-1600)

5:50 PM 4 x 100 Meter Relay Girls  
4 x 100 Meter Relay Boys

6:10 PM Girls Sprint Medley (200-200-400-800)  
Boys Sprint Medley (200-200-400-800)

6:30 PM Girls 300 Meter Low Hurdles \*  
Boys 300 Meter Int. Hurdles \*

6:50 PM Girls 1600 Meter Run \*  
Boys 1600 Meter Run \*

7:20 PM 4 x 400 Meter Relay Girls  
4 x 400 Meter Relay Boys

# AAA CONFERENCE RELAYS 2021

## Cardinal Ritter Prep

COACH, PLEASE SELECT YOUR 1<sup>ST</sup>, 2<sup>ND</sup> & 3<sup>RD</sup> BOYS & GIRLS EVENT CHOICE AND RETURN. WE WILL NEED ASSISTANCE IN THE FIELD EVENTS FROM EACH TEAM

### GIRLS

#### **4:00 SHOT PUT 4**

- ☐ First Option
- ☐ Second Option
- ☐ Third Option
- ☐ Not An Option

#### **4:00 LONG JUMP**

- ☐ First Option
- ☐ Second Option
- ☐ Third Option
- ☐ Not An Option

#### **4:00 HIGH JUMP**

- ☐ First Option
- ☐ Second Option
- ☐ Third Option
- ☐ Not An Option

#### **5:30 TRIPLE JUMP**

- ☐ First Option
- ☐ Second Option
- ☐ Third Option
- ☐ Not An Option

#### **4:00 DISCUS**

- ☐ First Option
- ☐ Second Option
- ☐ Third Option
- ☐ Not An Option

#### **5:30 JAVELIN**

- ☐ First Option
- ☐ Second Option
- ☐ Third Option
- ☐ Not An Option

### BOYS

#### **4:00 DISCUS**

- ☐ First Option
- ☐ Second Option
- ☐ Third Option
- ☐ Not An Option

#### **4:00 LONG JUMP**

- ☐ First Option
- ☐ Second Option
- ☐ Third Option
- ☐ Not An Option

#### **5:30 HIGH JUMP**

- ☐ First Option
- ☐ Second Option
- ☐ Third Option
- ☐ Not An Option

#### **5:30 TRIPLE JUMP**

- ☐ First Option
- ☐ Second Option
- ☐ Third Option
- ☐ Not An Option

#### **5:30 SHOT PUT**

- ☐ First Option
- ☐ Second Option
- ☐ Third Option
- ☐ Not An Option

#### **5:30 JAVELIN**

- ☐ First Option
- ☐ Second Option
- ☐ Third Option
- ☐ Not An Option

Coaches, in addition to field event support, we will also need assistance covering exchange zones and curve judges.

#### **EXCHANGE ZONES**

##### **FIRST/SECOND/THIRD EXCHANGE**

- ☐ Yes, we can assist with an exchange zone
- ☐ No, we can't assist with an exchange zone

#### **HURDLE CURVE JUDGE**

##### **EAST CURVE (NEAREST SCOREBOARD)**

- ☐ Yes, we have coaches that can assist as a curve judge
- ☐ No, we don't have coaches that can assist