**CK RELAYS 2023**

DATE: Saturday, April 29th, 9:00 am

LOCATION: Chatham-Kent SS

ENTRY FEE: $5/athlete/event and $10/relay team/event. Maximum entry fee is **$300.00**

**DO NOT PAY IN ADVANCE.** Pay on the day of the meet.

Make cheques payable to “Chatham-Kent SS”

ENTRY DEADLINE: Tuesday, April 25th at 4:00pm . The preferred method of entering is by using TrackieReg.

SUBSTITUTIONS, SCRATCHES: Substitutions are NOT allowed on the day of the meet. By Thursday, April 27th each school will receive a start list on which they can make changes and e-mail back to me by Friday April 28th at 10:00am (derek.quigley@lkdsb.net). On the day of the meet, please make any scratches that you have at the start of the meet.

AWARDS: Ribbons to the top six in each event. Team award to winning team.

SCORING: Top six places scored: 10,8,6,4,2,1. Schools may only score two places per individual event and one relay per relay event

INDIVIDUAL EVENTS:

|  |  |
| --- | --- |
|  EVENT |  CLASSIFICATIONS |
|  HURDLES |   NOVICE, JUNIOR, SENIOR |
|  200, 400, 800, 1500 |
|  DISCUS, JAVELIN |
|  HIGH JUMP, TRIPLE JUMP |

RELAYS

|  |  |
| --- | --- |
|  EVENT |  CLASSIFICATIONS |
|  3000 m Medley | Open (800, 200, 400, 1600) |
|  4 x 100 | Co-ed (Nov, Open), NG, JG, SG, NB, JB, SB |
|  800 m Medley | NG, JG, SG, NB, JB, SB (200, 100, 100, 400) |

ENTRY LIMITS: Please see next page

**ENTRY LIMITS (please read carefully)**

**TEAM LIMITS**

RELAYS: A school is allowed to enter two teams in each relay.

INDIVIDUAL EVENTS: Unlimited entries per event

**INDIVIDUAL LIMITS**

Each athlete may enter only **TWO** individual events.

Each athlete may enter an ***unlimited*** number of relays.

(Exception: An athlete may not run on an “A” and “B” relay team in the same event)

**EVENTS WILL NOT BE CALLED. IT IS THE RESPONSIBILITY OF THE ATHLETE TO REPORT TO FIELD EVENT AREAS OR FOR TRACK EVENTS TO THE MARSHALLING AREA (NEAR THE 100m START) ON TIME!!**

**THE TRACK WILL RUN ON A ROLLING START. THE AFTERNOON WILL NOT START BEFORE THE SCHEDULED TIME.**

Thank-you

Derek Quigley

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