



Comox Valley Cougars Track & Field Club

# 2024 Solstice Meet

## Dec-Dash Relay

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### *What Is The Dec-Dash Relay?*

Because this race involves 100m/110m hurdles and Pole Vault it is restricted to kids in the JD13 age category & older

**The Dec-Dash is a 10 event relay race for teams of 1-9 athletes (JD13+ Only)**

#### **The Race Order**

100m  
Discus  
High Jump  
Long Jump  
Shot Put  
Javelin  
Pole Vault  
Sprint Hurdles  
400m

Where's the 1500m?

No decathlete likes the 1500m, so rather than run one, we'll be taking your total team time from the start of the 100 through to the end of the 400m as your team's 1500m time.

#### **Scoring**

As in a decathlon, you get points based on your performance in each event. A 5m long jump gets more points than a 4m long jump etc.

The results for each team at each of the 10 events will go on a scorecard, and our intrepid scoring table wizards will convert those results into points using a decathlon calculator (men's and women's).

The team with the highest score wins!

#### **Relay Team Design**

You can stack your team with the very best 9 athletes you can find in a vain attempt to see how your performances stack up against the best decathletes in the world. Or maybe you just want a solo challenge. It's up to you.

We might introduce team categories in future editions of this race.

#### **Racing In A Chase Format**

Each team will start approximately 3 minutes behind the team in front of them in order to avoid multiple teams competing at the same event at the same time.

#### **The Baton**

Team members will pass a wrist band instead of a baton. The hand-off can happen anywhere between the two events.

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Host Club...

**Comox Valley Cougars  
Track & Field Club**  
Courtenay, BC V9N 9R7  
250.338.4191  
[gморfitt@shaw.ca](mailto:gморfitt@shaw.ca)



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### *Can you describe the ruckus?*

#### **Here's How It Happens**

The gun goes off and the 100m runner from Team1 races down the track. Their time is recorded as they cross the finish line, but they don't stop!... they run up to the discus cage and hand the wristband to the discus thrower.

The discus thrower then gets into the circle and sends a massive effort out into the field. Seeing that the discus lands inside the sector, and at an acceptable distance, the thrower carefully exits out the back of the circle and runs down the hill to hand the wristband to the high jumper.

The high jumper makes an attempt at their starting height (more about height selection in the notes below). If they make it, they have a choice: make another attempt at their next chosen height in order to get more points, or not waste time (the team's 1500m clock is always running). After finishing the high jump to their satisfaction, they run over to the long jump hand-off.

It is at this point that the gun goes off to start Team2's 100m runner.

Meanwhile, over at the long jump, the jumper for Team1 has landed a decent jump, so they exit the pit and run over to hand the wristband off to their shot putter while the officials measure their jump.

The shot putter is happy with their opening throw, exits out the back of the circle, and heads over to the javelin thrower to give them the wristband.

Waiting for the javelin to hit the ground, the thrower then exits the runway and sprints over to the pole vault where the vaulter is waiting on the runway.

This pole vaulter has never vaulted before, so there will be no crossbar... they just need to run down the runway, plant the pole into the vaulting box and run over the pit. They will get a default 100 points for this effort, but that's not their focus as they sprint over to the hurdles start line to hand-off the wristband.

As soon as they have the wristband, the hurdler sprints down the track over a set of hurdles that is not overly challenging for their age or gender (see noted below). Their time is recorded as they cross the line, but they circle back to hand the wristband to their 400m runner waiting patiently at their start line.

The 400m runner then races around the track, and as they finish they get both their 400m time AND the cumulative time since the gun went off for the 100m.

#### **Rules & Explanations for each event**



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### *What if I foul a throw?*

#### 100m

This is the only track event with a formal starting gun. If you false start, you will be brought back to try again. This race starts both your 100m stopwatch AND your team's 1500m stopwatch.

### *What if I can't pole vault?*

#### Discus / Shot / Javelin

You will use your normal throwing implement for your age/gender. Max 3 attempts (but remember, your 1500m clock is ticking!) Competition rules apply (fouls, technique, etc). The implement must land in the sector before the athlete leaves the circle/runway. The officials will measure your throw(s) once you are done, but don't hang around! Get the wristband to the next event!

#### High Jump

Your desired opening height & max 2 additional heights will be indicated on your scorecard and will be communicated to the officials before you get to the event. Competition rules apply (misses, passes, fouls, etc)

#### Long Jump

Max 3 attempts (1500m clock is running, so try not to foul!) Competition rules apply (fouls)

#### Pole Vault

Only experienced pole vaulters will be permitted to jump with a crossbar. No experience? Just run down the runway with the pole and plant it in the vaulting box and run over the pit. Easy 100 points. Your desired opening height and max 2 additional heights will be indicated on your scorecard and communicated to the officials before you get to the event. Competition rules apply (misses, passes, fouls, etc)

#### Hurdles

3 lanes of hurdles will be set-up...  
JD13 (both genders) : 80m Scissor hurdles @ 27" (scored as 100mH)  
U16+ (girls) : 100m Comp hurdles @ 27"  
U16+ (boys) : 110m Comp hurdles @ 30"



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## **Your team's scorekeeper**

When your team registers for the race, you will have a scorecard provided. You need a team scorekeeper (parent, coach, teammate) to carry the scorecard around to each event so that the results can be recorded.

The scorekeeper's job will also be to let the high jump and pole vault officials know what heights your jumpers would like to try so that the bar can be made ready before the team's wristband gets there.

The scorecard gets submitted to the race results table for calculating your team's total points.

Don't worry, instructions will be provided.

***Get your team  
ready!***

## **Get ready, get set...**

The race happens Sunday afternoon as the last of the relay events. Figure out who's on your team, and come up with a cool name!