

Panther Relays
Thursday, March 30, 2023
at Richards Sports Complex

9:30 National Anthem – HV Choir

Running Event Schedule

9:31 2 Mile Boys/Girls (5-6) together

10:00 2 Mile Boys/Girls (7-8) together

*Unlimited participants may run 2 Mile
or 25:00 minutes

10:35 100m Int. Hurdles (7-8) Boys

Multi Int. Hurdles (7-8) Boys

100m Low Hurdles (5-6) Boys

11:00 100m Low Hurdles (7-8) Girls

Multi Low Hurdles (7-8) Girls

100m Low Hurdles (5-6) Girls

11:25 Shuttle Hurdle Relay (7-8) Boys

Shuttle Hurdle Relay (7-8) Girls

(75m 6 flights)

11:45 400m Relay (7-8) Boys

400m Relay (7-8) Girls

400m Relay (5-6) Boys

400m Relay (5-6) Girls

12:15 800m Medley (7-8) Boys

800m Medley (7-8) Girls

800m Medley (5-6) Boys

800m Medley (5-6) Girls

(100, 100, 200, 400)

12:45 800m Relay (7-8) Boys

800m Relay (7-8) Girls

800m Relay (5-6) Boys

800m Relay (5-6) Girls

1:15 Multi 800 Boys/Girls together

1:30 1600m Relay (7-8) Boys

1600m Relay (7-8) Girls

1600m Relay (5-6) Boys

1600m Relay (5-6) Girls

Field Events

10:01 – 11:00 Boys 7-8 Long Jump

Girls 7-8 Long Jump

Boys 5-6 Discus

Girls 5-6 High Jump

Girls 7-8 Shot Put

Boys/Girls Multi HJ

11:01 – 12:00 Boys 5-6 Long Jump

Girls 5-6 Long Jump

Girls 5-6 Discus

Girls 7-8 High Jump

Boys 7-8 Shot Put

Boys/Girls Multi Shot Put

12:01 – 1:00 Boys 7-8 Triple Jump

Girls 7-8 Triple Jump

Girls 7-8 Discus

Boys 5-6 High Jump

Girls 5-6 Shot Put

Boys/Girls Multi LJ

1:01 – 2:00 Boys 5-6 Triple Jump

Girls 5-6 Triple Jump

Boys 7-8 Discus

Boys 7-8 High Jump

Boys 5-6 Shot Put

Timers

Caller – Kevin Browning

Video – Jason Harrill

1st – Stacey Kutter

2nd – Brandi Montgomery

3rd – Brandi Blankenship

4th – Jennifer Ross

5th – Mindy Cooper

6th – Nita Cawvey

7th – GW

8th – Brad Vannada

Meet Director Announcer

Chad Dixon

Zach Cox

Judges

Starter: Dan Taylor

Clerk: Krista Medina

Results: M.Miller /K. Rogers/ H. Barcus

LJ/TJ Boys: John Grisham/ KimWalker

LJ/TJ Girls: Chad Dixon/Brooke Johnson

Shot Put: Cody Swearengin/ C. Gastineau

Discus: S. Wilkening/T. Cressman

High Jump-1: Chris Marcak

High Jump-2: Traci Ledgerwood

Bullpen: Terry Pond

Multi-event Coordinator: J. Dixon

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Meet Rules

- Times for running events are estimated. We will start each race immediately after the preceding race.
- 2 Relay Teams per school
- 4 athletes per event. 4 events per athlete.
- HJ Starting heights: 3'2" for 5-6th divisions; 3'4" for 7-8th girls; and 3'8" for 7-8th boys
- Pentathlon is for 7-8 grade divisions only and counts only as 1 event and is scored only as 1 event for the athlete and team.
- Jumps and Throws get 4 attempts. Multi-Events get 3. If a Pentathlete is entered in the Pentathlon and the open Hurdles, they must run their heat in the open hurdles and their heat in the Pentathlon. If a Pentathlete is dually entered in a field event, i.e. Long Jump, Shot Put, High Jump they must compete in both competitions. For the LJ and SP this would mean at least 2 trials (1 for the Pentathlon, 1 for the Open event), and this must be clearly stated ahead of time, not just taking your top 2 trials and separating them in both events. In the HJ, one must jump during the time of the event's competition and on the same High Jump mat as the rest of the field that s/he is competing against.
- Boys Shot Put will be 8lbs and the Girls Shot Put will be 6lbs. A competition Shot Put will be provided.
- Competitors must sign in with field judges before the field event starts and must inform the judge if they have to leave the field event area for a track event. The competitor must immediately return after the track event to complete all attempts. The competitor's remaining attempts will be scratched according the field judge's discretion if the competitor doesn't return promptly.
- Field event warm-ups should be done with permission of field event judge.
- Unlimited participants are allowed in the 2 Mile run. All participants will be given 20:00 minutes to run the 2 mile. After 20:00 minutes runners will be asked to leave the track for the next race. Participants being lapped will be asked to run in outer lanes for the remainder of their race.
- The location of the meet will be at the Richards Sports Complex.