

54th ANNUAL BORDER QUEEN RELAYS
"IN MEMORY OF DALE MISAK"
APRIL 20th, 2021
TO BE RUN AT CALDWELL'S TRACK FACILITY

Schools: Argonia, Attica, Caldwell, Cedar Vale/Dexter, Central, Medford, Ok., Norwich, Oxford, Sedan, South Barber, South Haven, Udall, Wellington, ACCA

ALL running events will be run in meters. ALL CONTESTANTS MUST WEAR $\frac{1}{4}$ " (OR LESS) SPIKES.

Coaches need to log on to www.directathletics.com and enter their athletes and events. Entries must be completed by April 19, at 10:00 a.m. Only scratches and substitution can be made after that date.

For the field events - shot, discus, javelin, long jump & triple jump - FOUR (4) ATTEMPTS WILL BE USED. NO FINALS!!

PARTICIPATION REGULATIONS: A student may be in four (4) events.

GIRLS HURDLES: 100 M HURDLES WILL BE AT THE 33" HEIGHT.
300 M LOW HURDLES WILL BE AT 30" HEIGHT, SAME
NUMBER AND SPACING AS BOYS' 300 M IH.

A games committee consisting of three coaches will be chosen and their decision on appeals will be final.

1. COACHES PLEASE REPORT TO the NORTH SHED just to the north of the track and check in as soon as they arrive. Teams should come dressed as no dressing facility is available.
2. Each school may enter **three (3)** people in individual events and **one (1) team in each relay.**
3. We will be providing all starting blocks. Shot and discus rings are concrete. Pole vaulters and high jumpers can wear $\frac{1}{4}$ " (or less spikes).
4. Finals in the 100, 200, 110 and 100 Hurdles will be determined by **time.**
5. BUS PARKING: PLEASE BACK UP TO THE BANK ON THE NORTH END OF THE COMPLEX WEST OF THE THE MAIN ENTRANCE AND EAST OF THE TENNIS COURTS, OR TO THE SOUTH OF THE BASEBALL CONCESSION STAND ON THE WEST SIDE OF THE TRACK.

TEAM AREAS - PLEASE SET UP
OUTSIDE THE TRACK TO THE WEST

6. Your entry fee (PAYABLE TO CHS ACTIVITY FUND) OF \$100.00 per team or \$200.00 for both boys and girls. If your team has less than 8 members you may submit a \$10 per individual entry fee.
7. Scoring for the meeting will be 10-8-6-4-3-2-1. We will take seven to finals.
8. Medals will be awarded for all six places in all events. Plaques will be awarded to the first two places in both boys and girls divisions immediately following the meet.

9. STARTING TIMES: 2:30 Coaches Meeting; 3:00 P.M. FIELD EVENTS; 4:00 P.M. RUNNING EVENTS

- a. We will run the Girls and Boys 4 X 800 M Relays during the prelim time, between the 100 and 200 m runs

Field Events for both boys and girls include: Shot Put, Discus, High Jump, Long Jump, Javelin, Triple Jump and Pole Vault

Starting at 4:00 p.m.: Prelim 100M (b/g)

Finals: Girls 4 X 800 Relay

Boys 4 X 800 Relay

Then return to Prelims: 200M (b/g), Boys 110 M High Hurdles, Girls 100 M H.Hurdles

ORDER OF EVENTS FOR FINALS:

GIRLS 100 M HIGH HURDLES

BOYS 110 M HIGH HURDLES

GIRLS 100 M DASH

BOYS 100 M DASH

GIRLS 1600M RUN

BOYS 1600 M RUN

GIRLS 4 X 100 M RELAY

BOYS 4 X 100 M RELAY

GIRLS 4 X 100 WEIGHTMAN'S RELAY**

BOYS 4 X 100 WEIGHTMAN'S RELAY**

GIRLS 400 M DASH

BOYS 400 M DASH

GIRLS 300 M LOW HURDLES

BOYS 300 M INTERMEDIATE HURDLES

GIRLS 800 M RUN

BOYS 800 M RUN

GIRLS 200 M DASH

BOYS 200 M DASH

GIRLS 3200 M RUN

BOYS 3200 M RUN

GIRLS 4 X 400 RELAY

BOYS 4 X 400 RELAY

** Does not count towards team totals

There will be a concession stand at the field with a nice varied menu available.

Please remember, ONLY ATHLETE PARTICIPANTS AND COACHES SHOULD BE ON THE INFIELD. COACHES and Workers - lunch will be provided at the West Concession.

REMEMBER, ENTRIES MUST BE MADE BY 10:00 a.m. ON TUESDAY, APRIL 20.