

CAROLYN LEGARD RELAYS 2005

- DATE/TIME:** March 26, 2005 8:30 a.m.
- PLACE:** Westfield High School, 4700 Stonecroft Blvd., Chantilly, VA 20151.
- ENTRY FEE:** \$140 per school (If boys and girls teams are separate, each team is \$70). Make your checks out to the NVCCTFA.
- ENTRIES:** One relay team per school in each event. There is a limit of 4 athletes allowed per team in the FR/SO 1600 meter run. Each field event is a two person relay. Please enter athletes' names for the field events and enter all possible relay athletes' names.
- ENTRY DEADLINE:** Tuesday, March 22, 2005 by 11 p.m. Entry on www.directathletics.com only.
- SANCTIONS:** Virginia, Maryland, District of Columbia
- PARTICIPATION RULES:** Each athlete may compete in three running events and any number of field events.
- AWARDS:** Individual awards will be given to the top three relay teams in each event. Trophies will be given to the top three Boys and Girls teams.
- SCORING:**
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| FIRST PLACE | 10 POINTS |
| SECOND PLACE | 8 POINTS |
| THIRD PLACE | 6 POINTS |
| FOURTH PLACE | 5 POINTS |
| FIFTH PLACE | 4 POINTS |
| SIXTH PLACE | 3 POINTS |
| SEVENTH PLACE | 2 POINTS |
| EIGHTH PLACE | 1 POINT |
- FIELD EVENTS:** We will take the athlete's name at the event site. Two entries for each event and no distances or heights are needed. In all field events, both athletes must mark in order to count in the team scoring.
- FIELD EVENT PROCEDURES:** The long jump/triple jump may be open pit. The decision will be made the morning of the meet. If events are set up in flights, the order will be alphabetical by school name. Horizontal jumpers and throwers will be given three attempts. There will be no finals. High jump and pole vault will use the FIVE ALIVE METHOD. Starting heights will be determined the morning of the meet. The best performance for each athlete in the relay will be added together to determine the winning relay.

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Westfield High School
Chantilly , VA

Saturday, March 26, 2005

Girls will run first. There will be no set time schedule. The meet will run continuously.

8:30 a.m.	Boys and Girls Long Jump Boys Discus Throw Girls Shot Put Boys High Jump Girls Pole Vault
11:00 a.m.	Boys and Girls Triple Jump Girls Discus Throw Boys Shot Put Girls High Jump Boys Pole Vault
9:30 a.m.	Hurdle Relay (two hurdlers) 4 x 1600 Meter Relay 4 x 200 Meter Relay 4 x 800 Meter Relay 4 x 100 Meter Relay 9/10 th Grade 1600 Meter Run Sprint Medley (400-200-200-800) Distance Medley Relay (1200-400-800-1600) Clydesdale Relay (Made up of throwers) 9/10 th Grade 4 x 400 Meter Relay 4 x 400 Meter Relay

✓ There will be concessions and t-shirts on sale throughout the meet.