

2009 SCORPION RELAYS

4:00 P.M. April 17TH

2009 Oakland Mills HS

RULES & REGULATIONS:

- 1. All events will be finals only, places determined by time.**
- 2. MPSSAA rules will be followed.**
- 3. FAT TIMING MPSSAA SANCTIONED**

NO radios or tape players allowed.

JEWELRY RULE WILL BE IN EFFECT FOR ALL EVENTS.

Relay teams must have identical school issued uniforms.

Starting blocks will be provided.

There will be Weigh-in for throwing implements.

**ONLINE ENTRIES ONLY: GO TO
HOCORUNNING.COM & FOLLOW THE LINK FOR
MEET ENTRY**

**Contact Sam Singleton at sa_singleton@hcpss.org for the
SCORPION RELAYS MEET CODE**

ENTRY DEADLINE IS APRIL 9TH 2009

**Entry fee \$125.00 per team (\$200.00 for both boy & girl
teams)**

Make Checks Payable to:

OAKLAND MILLS SCHOOL

Attn: SAM SINGLETION

9410 Kilimanjaro Road

COLUMBIA, MD 21045

CONTESTANTS MUST ACCOMPANIED BY THEIR COACH OR SCHOOL REPRESENTATIVE

AWARDS: Custom Medals for 1st thru 3rd place in each event.

Trophies awarded to the 1st & 2nd place boys and girls team.

SCORING: Scoring will be 10-8-6-4-2-1 for all events.

Coaches, Managers & Spectators ARE NOT ALLOWED ON THE TRACK AREA OR THE INFIELD.

ADMISSIONS: Admission will be \$5.00 for adults \$3.00 for students

(children under the age of seven free).

PROGRAMS: Meet Programs will be on sale for \$1.00

PARKING: Free parking will be available for buses and cars adjacent to the track.

T-SHIRTS: Meet T-Shirts will be for sale at \$10:00 each

COACHES' MEETING: Coaches will meet at 3:00 p. m. in the track storage garage.

CONTACT: Sam Singleton: e-mail sa_singleton@hcpss.org

OR Norm Belden: coachbelden@gmail.com

SAM SINGLETION

9410 Kilimanjaro Road

COLUMBIA, MD 21045

**410-313-6945 2009 SCORPION RELAYS ORDER OF
EVENTS:**

3:00-----COACHES MEETING

3:30-----FIELD EVENTS BEGIN:

GIRLS SHOT PUT FOLLOWED BY THE BOYS SHOT PUT

**BOYS TRIPLE JUMP FOLLOWED BY THE GIRLS TRIPLE
JUMP**

BOYS DISCUS FOLLOWED BY THE GIRLS DISCUS

**GIRLS LONG JUMP FOLLOWED BY THE BOYS LONG
JUMP**

**GIRLS HIGH JUMP FOLLOWED BY THE BOYS HIGH
JUMP**

3:30-----RUNNING EVENTS BEGIN

GIRLS 6400 METER RELAY(4X1600)

BOYS 6400 METER RELAY(4X1600)

GIRLS SHUTTLE HURDLE RELAY(4X100)

BOYS SHUTTLE HURDLE RELAY(4X110)

GIRLS 400 METER RELAY(4X100)

BOYS 400 METER RELAY(4X100)

GIRLS 3200 METER RELAY(4X800)

BOYS 3200 METER RELAY(4X800)

GIRLS 800 METER RELAY(4X200)

BOYS 800 METER RELAY(4X200)

***GIRLS DISTANCE MEDLEY
RELAY(1200,400,800,1600)***

***BOYS DISTANCE MEDLEY
RELAY(1200,400,800,1600)***

GIRLS SPRINT MEDLEY RELAY(200,100,100,400)

BOYS SPRINT MEDLEY RELAY(200,100,100,400)

GIRLS 1600 METER RELAY(4X400)

BOYS 1600 METER RELAY(4X400)