

**2018 Inaugural BRC Indoor Relays –
March 27th, 2018
UW Eau Claire Indoor Track**

Coaches, welcome to the 2018 BRC Indoor Relays! This is our first year trying this format, so let's have some fun! The purpose of this meet is to get as many kids as possible to compete on a great indoor facility amidst appropriate and excellent competition. UWEC has been excellent in accommodating us for this meet, so please advise your parents and athletes to thank their coaches and be polite to their athletes. This partnership is a wonderful opportunity for the BRC.

Meet Management for this meet is Adam Topper and Craig Olson of Menomonie High School. Chip Schneider, head coach at UWEC, is responsible for the facility and equipment. If you have questions about the meet, contact:

Adam Topper (adam_topper@msd.k12.wi.us) or Craig Olson (craig_olson@msd.k12.wi.us)
Cell: 715.307.3691 Cell: 715.220.1226

Entry Fee: \$250 per team, contracts to Menomonie High School.

Awards: Medals to the top 2 in each event

Spikes: Spikes will be allowed in all events except the high jump.
****No spikes are to be worn in team camp areas in the racquetball courts****
Teams will be charged if there are damages to their camp areas.

Facility: 200 Meter Mondo Super X track and field event surfaces. Throws circles are constructed out of wood. Pole vault, throws and HJ will take place down stairs. PV will have an artificial surface runway. No food or drink in the track area, other than water.

Timing: FAT timing provided by PT timing. Camera will be on the inside rail. Athletes will be given a hip number to be placed on the left hip. In relays, only the anchor will have a hip number.

Throws: Four throws each, no finals.

**Jumps/
Vault** Four jumps each, no finals, cafeteria style. Pole vault and high jump will use five alive until six competitors remain. Opening height and progression TBD at coaches meeting.

Scoring: This meet will not be scored.

Scratches: Scratches will be made at the coaches meeting. No additions.

Admission: We will charge a gate to recoup costs. \$5 general admission.

Parking: Buses may unload in front of Olson and proceed to the South CVTC lot across Claremont Ave where all parking, including spectators, is free. Parking is also available at the CVTC pay lot for \$.75 an hour.

Entry Limits:

6 entries per team in the Shot Put

4 entries per team in the following events: Long Jump, Triple Jump, High Jump, Pole Vault, JV 55m Dash, JV 1600m run, 55m Hurdles

2 entries per team in the following events: 4x200m, 4x400m

1 entry per team in the following events: Distance Medley, 4x800m, Throwers 4x200m



ORDER OF EVENTS AND ESTIMATED TIME SCHEDULE

3:30 Coaches Meeting

4:00 Field Events

LJ – 4 per team – open pit – LJ first (4 jumps each)

TJ – 4 per team – open pit, after LJ concludes (4 jumps each)

SP – 6 per team – Boys first (4 throws each)

PV – 4 per team – Girls first

HJ – 4 per team – Boys first

Girls first in all running events

4:30 Running Events

Approximate number of heats

DMR (1200, 400, 800, 1600)

2 heats (30 minutes)

4x200m relay - 2 entries per team

6 heats (40 minutes)

JV 55 dash – 4 entries per team

12 heats (30 minutes)

JV 1600m – 4 per team

4 heats (30 minutes)

4x800m 1 entry per team

2 heats (25 minutes)

Throwers 4x200 1 per team

2-3 heats (10 minutes)

55 Hurdles – 4 entries per team

10 heats (20 minutes)

4x400m Relay 2 entries per team

6 heats (40 minutes)

NOTE: Athletes must be responsible when checking-out for the HJ and PV. Wait until 2nd call to check-out so these events are not bogged-down waiting for one competitor.