



Cleveland Storm Relays 2013

To: Head Track Coaches

From: Kenny Henry, Head Boys Track Coach, Cleveland High School
Tim Flores, Head Girls Track Coach, Cleveland High School

Re: Cleveland Storm Relays, Saturday March 30, 2013

We want to take this opportunity to thank you all for attending our meet and welcome you to the 4th annual Storm Relays. For the first time, the Storm Relays will be run as a true relay meet, with nearly every event being organized as a relay. In typical relay meets, athletes competing in the running events are not afforded the opportunity to qualify to the state championships. The 2013 Storm Relays is designed to allow many of the athletes competing on the track to qualify to the state championships as an individual while participating in a relay. All field event athletes will be able to qualify to the state championships.

We will be taking entries through Directathletics.com. Entries will be due Thursday March 28, 2013 at 11:59 pm.

The scratch meeting will be held Saturday at 8:00 am on the bottom floor of the Field house adjacent to the track.

Teams attending:

Albuquerque Academy, Albuquerque HS, La Cueva, Volcano Vista, West Mesa, Los Alamos, Pojoaque, Rio Rancho, Cleveland, Hope Christian

General Information

Inform your parents and supporters that we will be charging an entrance fee of students \$2.00 and adults \$3.00. This money will go to purchasing the individual and team awards. This is in lieu of a school/team fee. **PLEASE LET YOUR PARENTS/SUPPORTERS KNOW this ahead of time we do not want our volunteers harassed the day of the meet.**



Team camps will be in the aluminum bleacher area. No athletes are allowed in the chairback section. Please adhere to this. We will make announcements to make sure teams know this.

Only officials and contestants will be allowed on the track infield. There are plenty of gates located in the track area, please do not have your athletes jump any fences.

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

Entries and scoring:

3x3200 meter relay (Must have 3 individual entries, all three entries will compete at the same time and their times will be added together for a team time).

4x400 meter relay (1 relay)

100/110 meter shuttle hurdle relay (1 relay)

100 meters elite (1 individual entry)

4x800 meter relay (1 relay)

4x200 meter relay (1 relay)

300 meter hurdle relay (Must have 3 individual entries, all 3 individual times will be added together for a team time).

3x1600 meter relay (Must have 3 individual entries, all three entries will compete at the same time and their times will be added together for a team time).

4x100 meter relay (1 relay)

Field Events (Must have three individual entries. Individual marks will be added together to get team distance).

Short spikes or flats will be required of all contestants. Starting blocks will be furnished.

The running surface, pole vault, long jump, and high jump are on an all-weather surface. Discus and shot put rings are concrete and the javelin approach is on grass.

Participants are requested NOT to wear spikes into the metal bleacher area.

The Cleveland High School administration and athletic department appreciates your participation in this meet.



Cleveland Storm Relays
March 30, 2013

Time Schedule: Rolling

8:00 am	Scratch meeting in the field house	
9:00 am	Field Events Begin— 3 ATTEMPTS NO FINALS	
	Girls Triple Jump	Boys Triple Jump
	Girls Discus	Boys Discus
	Girls High Jump	Boys Pole Vault
		Boys Javelin
10:30 am	Girls Long Jump	Boys Long Jump
	Girls Shot Put	Boys Shot Put
	Girls Javelin	Boys High Jump
	Girls Pole Vault	

ROLLING SCHEDULE

10:00 am	3x3200 meter relay (Girls/Boys to follow)
	4 X400 meter relay (Girls/Boys to follow)
	100 meter shuttle hurdle relay (Girls)
	110 meter shuttle hurdle relay (Boys)
	100 meters elite (Girls/Boys to follow)
	4x800 meter relay (Girls/Boys to follow)
	4 x 200 meter relay (Girls/Boys to follow)
	300 meter hurdle relay (Girls/Boys to follow)
	3x1600 meter relay (Girls/Boys to follow)
	4x100 meter relay (Girls/Boys to follow)

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