



CLEVELAND STORM RELAYS 2019

To: Head Track Coaches

From: Kenny Henry, Head Boys Track Coach, Cleveland High School,
Carla Chavez, Head Girls Track Coach, Cleveland High School

Re: Cleveland Storm Relays, Friday, April 12, 2019

We want to take this opportunity to thank you all for attending our meet and welcome you to the 10th annual Storm Relays. 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 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 Wednesday April 10, 2019 at 11:59 pm.

The scratch meeting will be held Friday at 2:30 pm on the bottom floor of the Field house adjacent to the track.

Teams attending:

Cleveland, Albuquerque Academy, Alamogordo, Atrisco Heritage, Cibola, Highland, La Cueva, Rio Grande, Sandia Prep, Valley, West Mesa,

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: In order to score as a team in any running event, you must have three/four participants. You can enter less than three/four participants for qualifying purposes but no team points will be awarded. In the field events, you can score team points even if you do not have three individual entries.

3x3200 meter relay (Must have 3 individual entries to score as a team, 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)

800 meters elite (1 individual entry)

1600 meter medley 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: (Maximum of 3 individual entries).

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
April 12, 2019

Time Schedule: Rolling

2:30 pm Scratch meeting in the field house

3:00 PM Field Events Begin— 4 ATTEMPTS NO FINALS
Girls Triple Jump Boys Triple Jump
Girls Discus Boys Shot Put
Girls High Jump Boys Pole Vault
Boys Javelin

Immediately Girls Long Jump Boys Long Jump
After 1st Girls Shot Put Boys Discus
Group of Girls Javelin Boys High Jump
Field Events. Girls Pole Vault

ROLLING SCHEDULE

3:30 pm	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)
	1600 meter medley relay (Girls/Boys to follow)
	800 meters elite (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)

The pole vault will start immediately at 3:00 pm. Athletes will not be allowed to take any more run-thrus or measure their steps after 3:00 pm. The girl's pole vault will start exactly 30 minutes after the conclusion of the boy's pole vault. All boys pole vaulters will need to get their steps and run-thrus done in the allotted 30 minutes.

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