

3rd Annual Bob English

The 3rd Annual Bob English Relays event will take place on March 2nd, 2019. We are looking forward to hosting this event and we are looking forward to great competition. The entry fee will be \$75 per team or \$120 per school. Checks need to be made out to George Jenkins. If mailed ahead of time please send to George Jenkins High School, Attn: Dale Meskimen, 6000 Lakeland Highlands Road, Lakeland, FL 33813.

This meet will be limited to the first 24 schools that respond. Please contact Coach Dale Meskimen @ 863-370-8796 or email mastersrunr@aol.com.

This will be a relays meet. All teams will be limited to 3 individuals per field and individual running events except for the 800 and 1600m races which will have unlimited entries, and one relay team per event.

We have a brand new synthetic track with great facilities! There will be a full concession stand for convenience. All venues are located in or right next to the track facility.

Awards will be given to the top 8 athletes and trophies will be given to the championship and runner-up teams.

Entries: Due by 11:59pm, Wednesday, February 27th.

Admission: \$5.00; 5 and under free

Note:

1.All FHSAA rules will be in effect. We will have a certified FHSAA Official on hand.

2.All athletes are to sit on the visitors side. The home side will be kept open for spectators. No athletes will be allowed on the field unless they are participating in an event. Athletes not in compliance will be disqualified. This includes coaches. Head Coaches make sure any assistant coaches you have understand this. Athletes will report ready to compete. This will be strictly enforced! Warm-ups are to take place behind the visitor stands.

3.The track surface is rubber. 1/4 Pyramid Spikes Only.

4.I will have officials lined up to run the field events.

The meet will be scored by the following point system: Individual Scoring / Relay Scoring 10, 8, 6, 5, 4, 3, 2, 1

8:00 am Coaches Meeting in front of the Press Box. This will be a scratch meeting only. Please try to be there by this time.

The meet will start at 8:45 a.m.

8:45 am Field Events (Finals only, 3 attempts only, with exception of the HJ and PV. After we have established a 10th place then all others will have their first legal attempt measured

and then will have to pass the marker for measurement. All field events will be measured in metric.

Opening Heights: Girls HJ 1.27 (4' 2"); Boys HJ 1.57 (5' 2"); Girls PV 1.82 (6'); Boys PV 2.43 (8')

Boys Long Jump will be followed by Boys Triple Jump

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Girls Discus, Boys to follow

Boys Shot, Girls to follow

Girls High Jump, Boys to follow

Girls Pole Vault, Boys to follow

All running events are girls followed by boys

10:00am 4x800 Relay

11:30am Running Events; Straight Finals. Rolling schedule. Top 8 times score.

100/110H Shuttle Hurdle Relay

100m

1600m (multiple heats, will run up to 24 in a heat; fast to slow)

4x100 Varsity Relay

4x100 Freshman/Sophomore Relay

4x100 Throwers Relay (Please make sure they are a TRUE thrower. DON'T put someone in this who does not typically throw.)

800m (multiple heats, will run up to 16 in a heat; fast to slow)

Sprint Medley Relay (100, 100, 200, 400)

300H

4x200 Relay

Distance Medley Relay (1200, 400, 800, 1600)

4x400m Freshman/Sophomore Relay

4x400m Varsity Relay

