



2009 SCOTT FORD BORDER CLASH RELAYS

Dear Coaches,

Due to extremely high winds and rain on Friday, April 3rd, we were forced to postpone the Scott Ford Border Clash Relays. The rescheduled date is **Tuesday, April 21st**.

The Border Clash is a relays format meet that will have high schools that border Preston County (or border a "Border County") competing against each other. Field events will be contested with the top three individual efforts added together for a team total. Below is a schedule of events for the Border Clash Relays:

Teams scheduled to compete are as follows: *East Fairmont Bees, Fairmont Senior Polar Bears, Grafton Bearcats, Hampshire Trojans, North Marion Huskies, Philip Barbour Colts, Preston Knights, and Tucker County Mountain Lions.*

Additional teams are invited to attend as well. The meet is sanctioned in WV, MD, PA, and VA. Coaches may sign up online at www.PrestonAthletics.com. Click on "[Track & Field Meet Entry Site.](#)" We will accept a total of 16 schools.

EVENT SCHEDULE:

Field events and the 4 x 1600 meter relay will begin at 4:30 p.m. The first rotation for field events will be as follows: Boys Shot, Girls Discus, Girls Pole Vault, Boys Long Jump, and Girls High Jump. The second rotation will be on a rolling schedule. Running / hurdle relays will be girls first followed by the boys.

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| 4:30 p.m. | - Field Events and 4 x 1600 Relay (combined boys and girls) |
| 5:15 p.m. | - Shuttle Hurdle Relay (4 x 102.5 m. for girls and 4 x 110 m. for boys) |
| | - 4 x 200 Relay |
| | - 4 x 800 Relay |
| | - Sprint Medley Relay (100, 100, 200, 400) |
| | - 4 x 300 Hurdles |
| | - Distance Medley Relay (800, 400, 1200, 1600) |
| | - 4 x 100 Relay |
| | - Throwers 4 x 100 Relay (this will be a non-scored event). |
| 7:30 p.m. | - 4 x 400 Relay |

NOTE: Please do not arrive at Preston High before 3:30 p.m. Our campus is very congested until the buses depart. Athletes will not be able to gain access to the interior of the school (dressing rooms, auxiliary gym, etc.) until after 3:30 p.m.

FIELD EVENT ROTATION / OPENING HEIGHTS / RULES:

The first rotation for field events will be as follows: Boys Shot, Girls Discus, Girls Pole Vault, Boys Long Jump, and Girls High Jump. The second rotation will be on a rolling schedule.

Opening heights for the pole vault will be 6'0" for girls and 7'6" for the boys. Opening heights in the high jump will be 4'2" for the girls and 5'0" for the boys. Athletes in the long jump, shot put, and discus will receive a total of four throws / jumps. The best overall throw or jump will be used for scoring purposes.

In the 4 x 300 Hurdle Relay, the finish line judge will announce over the loudspeaker the lane number of each finishing hurdler. Once an athlete's lane number is announced, they will begin their leg of the relay. The start of each leg will be monitored by an exchange judge. Coaches will be permitted to stand behind the outgoing runner to provide verbal cues.

ENTRY METHOD:

Entries for the Scott Ford Border Clash Relays must be sent electronically. Our preferred method is www.athletic.net. If you don't already have a free account, click on this link to sign up: <http://www.Athletic.net/Wizard/Default.aspx?Req=T413087>. When using athletic.net, you simply indicate which athletes will be running in each relay or field event. There is no need to email any entries to us. Entries are simply stored on the site.

SPECIAL NOTE: The "Throwers 4 x 100 Relay", is not listed as a separate event. Simply designate your athletes under the traditional 4 x 100 as your "C-Team."

You may also use Hy-Tek's Team Manager Lite for our meet. If you don't already have a copy of Team Manager Lite, you can download a copy from our website (www.PrestonAthletics.com) under "Track Meet Entry Information". The "Border Clash Relays" event file and complete instructions on how to use Team Manager Lite are also located under the "Meet Entry Information" link.

Because athletes will not be running individual events, we understand that each school may be able to put together stronger than normal relay squads. In addition, we will also be contesting non-traditional events like the 4 x 1600, Sprint Medley, and Distance Medley. As a result of these two factors, we are asking each coach to be responsible when entering seed times for your relay teams. Please try to list times that "fit" the personnel of your squad.

Because this is a relays style meet, you may designate up to eight athletes for each running relay. On the day of the meet, you will select four athletes from your "relay pool". Relays will be verified in the bullpen. The only additions that will be made on Tuesday will be those in the field events. All team entries are to be online at www.athletic.net or emailed to Coach Martin at prestonrun@gmail.com by 3:00 p.m. on Monday, April 20th.

RULES / REMINDERS:

Discus throwers and high jumpers are the only athletes that are permitted on the interior of the track. Discus throwers are to access the ring through the far gate on the baseball side of the track. High jumpers are to cross the track near the bullpen. Athletes that do not abide by this rule will be disqualified. In addition, any athlete seen jumping the fence will be disqualified. Athletic tape is not to be used as a marker for any running or field event. The maximum spike length is 3/16". Absolutely no gum is permitted.

Please remind your athletes and parents that we have limited bleacher seating. The best option is to bring lawn chairs and set up tents "cross country" style. We will have our auxiliary gym available for warm-ups / stretching.

AWARDS:

The Border Clash Cup will be a traveling trophy awarded to the top overall school (boys and girls team scores will be added together). Custom medals will be awarded to the top relay teams in each event.

ENTRY FEE:

The entry fee is \$50.00 per school. NOTE: This fee will be waived for the original teams that were set to compete on April 3rd. There will also be an admission fee for spectators of \$4.00 for adults and \$3.00 for students.

CONCESSIONS / GOALS:

Hot and cold concessions will be available by the Preston High Track Parents. Border Clash T-shirts will also be sold. Pre-order forms will be sent to participating schools two weeks prior to the meet.

We hope you and your team have a great time at the Scott Ford Mercury – Border Clash Relays. We strive to host events that are competitive, exciting, and efficient.

Preston Track & Field Coaching Staff