



2013 SCOTT FORD - HS BORDER CLASH RELAYS

Dear Coaches,

We would like to invite your high school team to the **2013 Scott Ford - Border Clash Relays**. The **Border Clash** will be a relays style meet. All of the standard relays will be contested as well as the sprint medley, distance medley, 4 x 300 Hurdles, and the 4 x 1600. In addition, field events will be scored by adding together the top three individual field event efforts for a team total.

Initially, the **Border Clash** was only open to those counties that bordered Preston County. Those counties included Barbour, Fayette - PA, Garrett - MD, Grant, Monongalia, Taylor, and Tucker. For the **2013 Scott Ford - Border Clash Relays**, we are relaxing our restrictions and inviting schools that border a "border county". Those counties include Hampshire, Hardy, Harrison, Marion, Mineral, Pendleton, Randolph, Upshur, and Wetzell in West Virginia; Allegany in Maryland; and Greene and Somerset in Pennsylvania.

DATE: Thursday, March 28, 2013 (the day before "Good Friday")

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.

4:30 p.m.	-Field Events and 4 x 1600 Relay
5:30 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)
7:00 p.m.	- 30 Minute Break for Dinner (pizza, salad, and drinks for coaches / officials) - 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).
8:00 p.m.	- 4 x 400 Relay

FACILITY: The Dr. John W. Trenton Track & Field Complex is a "Seal-Flex" latex surface installed in the fall of 2004. The track is eight lanes with all-weather long jump, and pole vault runways. Our high jump apron will be replaced in the summer of 2013 so will make accommodations for this event. The track was repainted in the fall of 2008. The discus and shot rings are concrete. Bleacher seating is limited. It is suggested that spectators bring lawn chairs or blankets to sit on. Teams are asked to set up tents on the exterior of the track. The auxiliary gymnasium will be available for warm-ups and 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 ribbons will be awarded to the top relay teams in each event.

ENTRY FEE: The entry fee is \$50.00 per school. Checks are to be made payable to Preston High Track & Field. There will also be an admission fee of \$5.00 for spectators.

CONCESSIONS: 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.

DEADLINES: If your high school is interested in competing in the **Scott Ford - Border Clash Relays**, please complete the online entry form found on our website (www.PrestonAthletics.com). Upon receipt, you will receive an email confirmation stating you are entered in the **Border Clash Relays**. We will only accept a total of 16 teams in order to keep all events to a maximum of two heats. As a result of this policy, admittance in this meet will be on a "first come, first serve" basis.

MEET ENTRY: There will be two ways to send us your entries: www.athletic.net or **Hy-Tek Team Manager Lite**. Complete instructions for both methods are included on our website under "**Track & Field Meet Entry Site**." Electronic entries must be received by 3:30 p.m. on Tuesday, March 26th, 2013. Coaches can "scratch" and "add" athletes the day of the meet.

Preston High School
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c/o Paul Martin / Meet Director

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