

Dear Coaches,

Welcome back to the thirty-ninth running of the Robert Warren/Charlie Eaton Relays. The date of the meet will be April 30. All laned running events will be limited to the top twenty-one entries in events around turns and the top twenty-eight entries in non-laned events, no exceptions. All field events will be limited to the top twenty-four entrants and each competitor will be limited to four total jumps or throws. All multiple heat running events will be seeded slowest to fastest, with medals going to the top five places according to time. **COACHES! THERE ARE WILL BE OPEN 100 METER OR 3200 METER RACES FOR THE TWO FROSH/SOPH DIVISIONS. LIMIT TWO ENTRIES PER DIVISION 3200, ONE PER DIVISION 100 (NEW)**

Running events will begin at 2:00 p.m. (see the enclosed order of events), while field events will commence at 2:30 PM. We will attempt to adhere to the schedule as closely as possible, **but if we should get ahead we won't hold up the meet, so make sure your athletes are at Acalanes with plenty of time to spare.** Since entrants in all individual running events will be limited to the top 21 qualifiers (three heats) in laned events. Final team results will be announced and plaques awarded following the conclusion of the meet.

Scoring of events will be 6-4-3-2-1 for all individual running and field events, and 10-8-6-4-2 for relays. All scratches will be done either at the bullpen or at each individual field event. Instruct your athletes who are alternates to be sure to arrive by the THIRD call for each event. Alternates will be added once third call is made and missing athletes are scratched. Please don't substitute athletes for your scratches and don't attempt changes yourself with the Clerk-of-the-Course! Should an athlete miss third call they will not be reinstated! Do it the right way and teach your athletes so they can do it themselves

In the pole vault, the bar start at 7'06" (frosh/soph girls), with varsity girls coming in at 8'00", frosh/soph boys coming in at 9'00", and varsity boys at 10'00". It will then move up at six-inch increments until all competitors are done. There will be run-throughs for individuals entering at higher heights as the competition progresses, so plan accordingly. Obviously the better athletes won't be vaulting until later in the afternoon, but this way the vault competitions will be done while it is still light out and the pits can be put away!

ENTRIES

1. Individual entries in running events are limited to two athletes per school, taking the number of top competitors for each event as per limits listed above.
2. Due to the number entries in the field events, we will limit the total number of entries to twenty-four per event. Therefore, please enter only legitimate marks; if questionable, we will request verification. While we understand that some schools may have more than two legitimate entries in some events, teams' third entries in individual events will only be added if normal space allows and other individuals with qualifying marks make it from another team first! Non-scoring B teams will be allowed in reaces when and if space becomes available. In the four X 1600 m. races, non-scoring B teams are welcome; scoring teams must be declared before race time.
3. Pick up a program at the check-in before the meet so you can check your entries. Any problems should be pointed out to John Crain.
4. We will be accepting electronic entries at EPI Sports.com

ENTRY FEE'S REDUCED

Entry fees this year will be \$100.00 per division, \$250.00 for three divisions, or \$300.00 for four levels.

ENTRIES DEADLINE WILL BE MIDNIGHT, APRIL 27th

GENERAL MEET INFORMATION

1. The Uniform Rule will be enforced at all times and in all events. Coaches make sure your field event athletes comply or they will be scratched! *Particularly, the shot and discus competitors had better comply or be prepared to suffer the consequences.* Please dress at home as we have limited dressing space.
2. The snack bar will be open from the beginning of the meet and will serve hot and cold snacks. Coaches will be given coupons to be redeemed for dinner. This can be done between 5:30 PM and 6:45 p.m. Each school will receive a limited number of tickets with our compliments. If you have a larger staff, additional tickets will be available for purchase at the **coaches/athletes gate at the north end of the track** (extra tickets will be sold for \$3.00 each). Please check all athletes through at this gate.

3. COACHES!!!! NO ATHLETES ARE TO WANDER INTO THE MAIN PART OF THE SCHOOL. IT IS IMPERATIVE THAT YOUR ATHLETES UNDERSTAND THIS: UNDER NO CIRCUMSTANCES ARE ANY INDIVIDUALS, WHILE ATTENDING THE BOB WARREN/CHARLIE EATON RELAYS, TO GO INTO THE ACADEMIC AREAS OF THE SCHOOL AS IT PROVED TO BE A MAJOR DISTRACTION IN PAST YEARS. ANY ATHLETE CAUGHT OUTSIDE OF THE MEET'S GENERAL AREA MAY BE SCRATCHED FROM THE REST OF THE MEET. THIS IS ONLY IN FORCE WHILE CLASSES ARE IN SESSION.

4. Tent City will remain on the same field. No tents or general warming up will be allowed on the track's infield and only meet officials, current field event competitors and up-coming heat individuals will be allowed on the infield. All warm-ups will be done on the baseball field, with the Bullpen area just behind the start of the 100 meters. Any athlete who ignores these rules will be disqualified from further competition. Please keep your non-participants and fans away from the clerk area and far away from the start of the sprints. It's a major distraction to the competitors.
5. *We will supply starting blocks.*
6. **Each athlete may use his or her own shots and discuses for competition.** Weigh-ins will be tabled adjacent to the coaches/athletes gate on the north end of the bleachers.
7. An athlete may enter any four events, in one classification only.
8. The track and runways are all weather. Wear 1/4" spikes only.
9. All runners must report to the Clerk-of-the-Course in the Bullpen for heat/lane assignments. Individuals/teams failing to report by the third call will be scratched and not reinstated, regardless of pressure.
10. Robert Warren T-shirts will be available, but in a limited number and for a limited time. They are \$12.00.

EVENT INFORMATION

1. Open 3200 M. – One heat each with waterfall starts (seeded by time).
2. 3200 M. Relay & 6400 M. Relay - 1 heat (scratch start) per two divisions. Please note: We are planning to combine both boys' divisions into one heat and do the same on the girls side. F/S teams will wear their singlets inside-out for scoring purposes. Coaches, please be sure to get your own team's time in the event of watch failure at the finish line (it HAS happened!).
3. All other track events are **TIMED FINALS ONLY!** Heats will be seeded according to entry times, with the fastest seven entrants in the final heat; places will be determined by time only.
4. All throwing and horizontal jumping events will allow each competitor four attempts. Placement will be determined based on these **FOUR ATTEMPTS ONLY!** There will be no finals in any of these four field events.
5. **Additional information, please contact John Crain at johnimua@aol.com**