

Moore Relays Records – Girls'

<u>Event</u>	<u>School</u>	<u>Year</u>	<u>Time</u>
3x100 HH	Mound-Westonka	1992	:51.6
	Orono	1995	:51.6
4x100	Totino-Grace	1991	:51.3
4x1600	Breck	1995	22:34.0
SMR	BSM	2000	4:29.7
3x300 H	BSM	2002	2:35.5
4x800	Breck	1995	10:29.0
4x200	DeLaSalle	2004	1:49.3
4x3200	BSM	1996	:50.22
4x400	BSM	2001	4:13.1
Shot Put	Blake	2003	104'5"
Discus	Blake	2003	308'0"
Long Jump	Mound-Westonka	1989	46'4"
Triple Jump	BSM	1998	100'3.5"
High Jump	BSM	2003	14'0"
Pole Vault	Breck	2001	24'0"

Moore Relays Records – Boys'

<u>Event</u>	<u>School</u>	<u>Year</u>	<u>Time</u>
3x110 HH	Holy Angels	1996	:49.2
4x100	DeLaSalle	2004	:43.8
4x1600	Win. Holy Trinity	1990	18:44.0
SMR	BSM	1990	3:34.2
3x300 H	Holy Angels	1991	2:08.0
4x800	Breck	2000	8:35.4
4x200	DeLaSalle	2004	1:32.5
4x3200	BSM	2006	40:34.8
4x400	Holy Angels	1988	3:34.2
Shot Put	Minneapolis South	1991	127'1.5"
Discus	Totino-Grace	1993	355'10"
Long Jump	Breck	2000	58'2.5"
Triple J	Totino-Grace	1988	121'7.5
High Jump	Holy Angels	1988	17'6"
Pole Vault	Holy Angels	1993	32'1"

Benilde-St. Margaret's Red Knights



Moore Relays

Thursday, April 21, 2016

Field Events @ 3:30 p.m.

Track Events @ 4:00 p.m.

Andover Huskies
Benilde-St. Margaret's Red Knights
Brooklyn Center Centaurs
DeLaSalle Islanders
Fridley Tigers
Willmar Cardinals

Track Events – Guidelines & Order:

Rolling Schedule – Start time 4:00 pm

When athletes are called for their events, they should report to the Clerk of Course who will be stationed near the East goal post in the infield area.

Runners are allowed 1/8” pyramid spikes only.

Hurdles: The Hurdle relays will each have three entries, but they will not be run in “shuttle style.” The hurdles will be run as a team race with the individual times added together for a team total. Please enter your best runner in first heat, 2nd fastest next, etc.

1600 and 3200 Events: These events will also be run as a team race. Four entries from each team will run at the same time, and the four times will be added together for a team total. Coaches will be required to time their own runners. A record sheet will be provided which should be turned into the Scorer as soon as the times have been added.

Order of Events:

Boys	3x110 High Hurdle Team Race
Girls	3x100 High Hurdle Team Race
Boys	4x100
Girls	4x100
Boys	4x1600 Team Race
Girls	4x1600 Team Race
Boys	Sprint Medley Relay (200,200,400,800)
Girls	Sprint Medley Relay (200,200,400,800)
Boys	3x300 Intermediate Hurdle Team Race
Girls	3x300 Low Hurdle Team Race
Boys	4x800
Girls	4x800
Boys	4x200
Girls	4x200
Boys	4x3200 Team Race
Girls	4x3200 Team Race
Boys	4x400
Girls	4x400

Field Events – Guidelines:

Start time 3:30 pm

Teams will be allowed to have three entries for each event. The best performance from each participant will be added together for a team total.

Shot Put and Discus: Boys will throw the discus first, followed by the girls. The girls will throw the shot put first, followed by the boys. Participants will be allowed 4 throws with no finals.

Long Jump and Triple Jump: Both long and triple jump will be contested cafeteria style. Both events will close the pits at approximately 5:30 pm. Participants will be allowed 4 jumps with no finals. Triple jump boards are 20’, 24’, 28’, 32’ and 36’.

High Jump: The bar will start at 4’2” and go up 2” at a time. Boys may join in at 5’. The bar can be raised and lowered to accommodate jumpers who are present and ready.

Pole Vault: The bar will start at 6’ and go up 6” at a time. Boys may join in at 8’ and go up 8” at a time. The bar can be raised and lowered to accommodate jumpers who are present and ready.

Scoring will be 10-8-6-4-2.

Moore Relay pins will be awarded to all First Place team members for each relay. Ribbons will be awarded for second through six places.

All awards and results will be available at the conclusion of the meet and given to coaches.