

# 6th ANNUAL BRC INDOOR RELAYS April 2, 2024

## UW Eau Claire Indoor Track

Coaches, welcome to the 2024 BRC Indoor Relays. The purpose of this meet is to get as many kids as possible to compete on a great indoor facility amidst appropriate competition. UWEC has been excellent in accommodating us and we hope we can keep this awesome meet going.

**Meet Management** for this meet is Adam Topper and Craig Olson of Menomonie High School. Chip Schneider, head coach at UWEC, is responsible for facilities and equipment.

**Entry Limits:** **4 entries** per team in the SP  
**3 entries** per team in the LJ, TJ, HJ, PV, JV 55, JV 1600m, 55m Hurdles  
**2 entries** per team in the 4x200m and 4x400m  
**1 entry** per team in the DMR, 4x800m, Throwers 4x200m

**Entry Deadline:** Entries are due at PT Timing by 12:00 noon on Sunday, March 31.  
Please use Milesplit for meet entries.

**Awards:** Medals to the top 2 in each event.

**Spikes:** Spikes will be allowed in all areas except the high jump.  
\*\*No spikes are to be worn in team camp areas in the racquetball courts\*\*  
Teams will be charged if there is damage to their camp area.

**Facility:** 200m Mondo Super X surface. Throws circles are wood. Pole vault, throws and HJ are downstairs. PV will have an artificial surface runway. No food or drink on the track area, other than water.

**Timing:** FAT timing by PT timing. Camera will be on the inside rail. Athletes in open events as well as relay anchors will be given a hip number to be placed on the left hip.

**Throws:** Four throws each - throwers 4x200m relay must be individuals who are throwing at this event.

**Jumps / Vault:** Four jumps each, no finals, cafeteria style. PV and HJ will use five alive until six competitors remain. Opening height and progression TBD at coaches meeting.

**Scoring:** This meet will not be scored.

**Scratches:** Scratches will occur at the coaches meeting. No additions please.

**Admission:** We will charge a gate to recoup costs. \$5 general admission. Please tell your parents to pay and not sneak-in. If we are unable to recoup costs we won't be able to keep this meet going.

**Parking:** Buses may unload in front of the field house and proceed to the south CVTC lot across from Claremont Ave. where all parking, including spectators, is free. Parking is also available at the CVTC lot for \$.75 an hour.

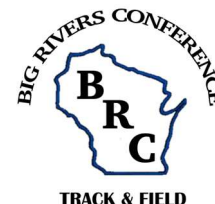


TRACK & FIELD





## ORDER OF EVENTS AND ESTIMATED TIME SCHEDULE



3:30 - Coaches Meeting - in that room just off the fieldhouse

### FIELD EVENTS

|                     |                          |                          |
|---------------------|--------------------------|--------------------------|
| 4:00 - Field Events | Long Jump - open pit     | 4 jumps, cafeteria style |
|                     | Shot Put - Boys first    | 4 throws, flights        |
|                     | Pole Vault - Girls first | 5 alive                  |
|                     | High Jump - Girls First  | 5 alive                  |
|                     | Triple Jump follows LJ   | 4 jumps, cafeteria style |

### RUNNING EVENTS - 4:30

|                       |                            |                                       |
|-----------------------|----------------------------|---------------------------------------|
| 4:30 - Running Events | DMR (1200, 400, 800, 1600) | 2 heats (30 min) - waterfall          |
|                       | 4x200m                     | 8 heats (40 min) - three turn stagger |
|                       | JV 55 Dash                 | 8 heats (25 min)                      |
|                       | JV 1600m                   | 3-4 heats (30 min)                    |
|                       | 4x800m Relay               | 2 heats (25 min) - waterfall          |
|                       | 55m Hurdles                | 8 heats (25 min)                      |
|                       | 4x400m Relay               | 8 heats (45 min) - two turn stagger   |
|                       | Throwers 4x200m            | 2-3 heats (10 min)                    |

**NOTE:** Athletes in the PV and HJ should check out on 2nd call, and return as soon as possible. 10 minute timer; we will press forward if those athletes have not returned and pass them to the next height.