

# 40th Annual Charlie Eaton/Bob Warren Relays

Dear Coaches,

Welcome back to the thirty-ninth running of the Robert Warren/Charlie Eaton Relays. The date of the meet will be May 1st. 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 NO OPEN 100 METER OR 3200 METER RACES FOR THE TWO FROSH/SOPH DIVISIONS!!**

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 only at Peter Geurini's EZ Meets website:

[Http://www.ezmeets.com](http://www.ezmeets.com)

Entry fees this year will be \$150.00 per division, \$325.00 for three divisions, or \$375.00 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.

*\* Varsity Events Only!*

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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. – These are VARSITY ONLY RACES! 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!). **These events are now featured events of the meet and a special recognition will be given to the school that scores the highest in a combined scoring of Varsity, Frosh/Soph, Boys and Girls. The award will be named after Manny Myers.**
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**

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## LIST OF EVENTS BY DIVISION

### FROSH/SOPH GIRLS

4 X 100 M. RELAY  
 4 X 200 M. RELAY  
 4 X 400 M. RELAY  
 4 X 800 M. RELAY  
 4 X 1600 M. RELAY  
 OPEN 100 M. HURDLES  
 LONG JUMP  
 TRIPLE JUMP  
 HIGH JUMP  
 POLE VAULT  
 SHOT PUT  
 DISCUS

### FROSH/SOPH BOYS

4 X 100 M. RELAY  
 4 X 200 M. RELAY  
 4 X 400 M. RELAY  
 4 X 800 M. RELAY  
 4 X 1600 M. RELAY  
 OPEN 110 M. HURDLES  
 LONG JUMP  
 TRIPLE JUMP  
 HIGH JUMP  
 POLE VAULT  
 SHOT PUT  
 DISCUS

### VARSITY GIRLS

4 X 100 M. RELAY  
 4 X 200 M. RELAY  
 4 X 400 M. RELAY  
 4 X 800 M. RELAY  
 4 X 1600 M. RELAY  
 OPEN 100 M. HURDLES  
 OPEN 100 M. DASH  
 OPEN 3200 M. RUN  
 LONG JUMP  
 TRIPLE JUMP  
 HIGH JUMP  
 POLE VAULT  
 SHOT PUT  
 DISCUS

### VARSITY BOYS

4 X 100 M. RELAY  
 4 X 200 M. RELAY  
 4 X 400 M. RELAY  
 4 X 800 M. RELAY  
 4 X 1600 M. RELAY  
 OPEN 110 M. HURDLES  
 OPEN 100 M. DASH  
 OPEN 3200 M. RUN  
 LONG JUMP  
 TRIPLE JUMP  
 HIGH JUMP  
 POLE VAULT  
 SHOT PUT  
 DISCUS

## OPENING HEIGHTS AND MARKING MINIMUMS FOR FIELD EVENTS

### FROSH/SOPH GIRLS

LONG JUMP 14'-00"  
 TRIPLE JUMP 28'-00"  
 39'-00"  
 HIGH JUMP 4'-00"  
 5'-06"  
 POLE VAULT 7'-06"  
 11'-00"  
 SHOT PUT 25'-00"  
 42'-00"  
 DISCUS 70'-00"  
 120'-00"

### FROSH/SOPH BOYS

LONG JUMP 16'-00"  
 TRIPLE JUMP 36'-00"  
 HIGH JUMP 5'-00"  
 POLE VAULT 9'-00"  
 SHOT PUT 40'-00"  
 DISCUS 100'-00"

### VARSITY GIRLS

LONG JUMP 15'-00"  
 TRIPLE JUMP 30'-00"  
 HIGH JUMP 4'-06"  
 POLE VAULT 8'-00"  
 SHOT PUT 28'-00"  
 DISCUS 90'-00"

### VARSITY BOYS

LONG JUMP 19'-00"  
 TRIPLE JUMP  
 HIGH JUMP  
 POLE VAULT  
 SHOT PUT  
 DISCUS

Please remember that the following time schedule is an **APPROXIMATION ONLY!** It is the responsibility of each team and its coaches to have their athletes present with plenty of time to compete in the B-Dubs. We will not hold up events for athletes who are not present. Our goal is to complete the meet in a timely manner and to give everyone who qualified an opportunity to do compete.

Thanks, Meet Management

## ALL RUNNING EVENTS WILL BE TIMED FINALS WITH FINAL RESULTS BASED SOLELY ON PERFORMANCE APPROXIMATE TIME SCHEDULE AND ORDER OF EVENTS

### FIELD EVENTS

TIME	EVENT# #HEATS	EVENT
2:30 PM	01	FSB SHOT PUT
	02	FSB LONG JUMP
	03	FSG HIGH JUMP
	10	FSG POLE VAULT
	04	VG POLE VAULT
	21	FSB POLE VAULT
4:00 PM RELAY	18	VB POLE VAULT
	1	
	05	VG TRIPLE JUMP
	06	VB DISCUS
	07	VG SHOT PUT
	08	VG HIGH JUMP
5:30 PM	09	FSG LONG JUMP
	11	FSB TRIPLE JUMP
	12	FSB DISCUS
	13	FSG SHOT PUT
	14	VG DISCUS
	15	VB LONG JUMP
	16	FSB HIGH JUMP

### RUNNING EVENTS

TIME	EVENT #	EVENT
2:30 PM	25/27	FSG/VG 6400 M. RELAY 1
3:00 PM	26/28	FSB/VB 6400 M. RELAY 1
3:30 PM	29	FSB 110 M. HURDLES
3:45 PM	30	VB 110 M. HURDLES
4:00 PM	31	FSG 100 M. HURDLES
4:15 PM	32	VG 100 M. HURDLES
4:30 PM	33	FSG 4 X 800 M. RELAY
4:45 PM	34	FSB 4 X 800 M. RELAY 1
5:00 PM	35	FSB 4 X 100 M. RELAY
5:15 PM	36	FSG 4 X 100 M. RELAY
5:30 PM	37	VB 4 X 100 M.
5:45 PM	38	VG 4 X 100 M. RELAY
<b>6:00 PM TURBO JAVELIN EXHIBITION</b>		
<i>DINNER BREAK FOR OFFICIALS UNTIL 6:30 PM</i>		
6:30 PM	39	VB 4 X 800 M. RELAY 1
6:45 PM	40	VG 4 X 800 M. RELAY 1
7:00 PM	41	VB OPEN 100 M. DASH
7:15 PM	42	VG OPEN 100 M. DASH
7:30 PM	43	VB OPEN 3200 M. RUN 1
7:45 PM	44	FSB 4 X 200 M. RELAY
8:00 PM	45	FSG 4 X 200 M. RELAY
8:15 PM	46	VB 4 X 200 M. RELAY

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	17	FSG TRIPLE JUMP	8:30 PM	47	VG 4 X 200 M. RELAY	
			8:45 PM	48	VG OPEN 3200 M. RUN	1
7:00 PM	19	VB SHOT PUT	9:00 PM	49	FSB 4 X 400 M. RELAY	
	20	FSG DISCUS	9:15 PM	50	FSG 4 X 400 M. RELAY	
	22	VB HIGH JUMP	9:30 PM	51	VB 4 X 400 M. RELAY	
	23	VB TRIPLE JUMP	9:45 PM	52	VG 4 X 400 M. RELAY	
	24	VG LONG JUMP				

**10:00 PM FINAL AWARDS PRESENTATIONS**