

# CAROLYN LEGARD RELAYS 2008

- WHEN:** March 29, 2008 9:30 a.m.
- WHERE:** Westfield High School, 4700 Stonecroft Blvd., Chantilly, VA 20151. Admission is \$5 All children under the age of 12 are admitted free.
- WHO:** The first 30 invited teams committing to participate in the meet. Please contact Mike Kiernan to commit.
- ENTRY FEE:** \$175 per school (If boys and girls teams are separate, each team is \$90). Make your checks out to the NVCCTFA.
- ENTRIES:** One relay team per school in each event. There is a limit of 4 athletes allowed per team in the FR/SO 1600 meter run. Each field event is a two person relay. Please enter athletes' names for the field events and enter all possible relay athletes' names.
- ENTRY DEADLINE:** Tuesday, March 25, 2008 by 11 p.m. Entry on [www.directathletics.com](http://www.directathletics.com) only.
- SANCTIONS:** Virginia, Maryland, District of Columbia
- PARTICIPATION RULES:** Each athlete may compete in three running events and any number of field events.
- AWARDS:** Individual awards will be given to the top three relay teams in each event. Trophies will be given to the top three Boys and Girls teams.
- SCORING:**
- |               |           |
|---------------|-----------|
| FIRST PLACE   | 10 POINTS |
| SECOND PLACE  | 8 POINTS  |
| THIRD PLACE   | 6 POINTS  |
| FOURTH PLACE  | 5 POINTS  |
| FIFTH PLACE   | 4 POINTS  |
| SIXTH PLACE   | 3 POINTS  |
| SEVENTH PLACE | 2 POINTS  |
| EIGHTH PLACE  | 1 POINT   |

All events are scoring events.

## FIELD EVENT PROCEDURES:

Field event order will be top seeded flight last. Horizontal jumpers and throwers will be given three attempts. There will be no finals. High jump and pole vault will use the FIVE ALIVE METHOD. Starting heights will be: GHJ 4'4", BHJ 5'4", GPV 6'6". BPV 8'. The best performance for each athlete in the relay will be combined to determine the relay score.

In the case of a tie in the vertical jumps, total number of misses will be the tiebreaker. In the horizontal jumps/throws, the best 2<sup>nd</sup> jump/throw will be the tiebreaker.

- MEET DIRECTORS:** Mike Kiernan at [michael.kiernan@fcps.edu](mailto:michael.kiernan@fcps.edu) 703 209-3585; Scott Raczko, [scotrtraczko@yahoo.com](mailto:scotrtraczko@yahoo.com)

# CAROLYN LEGARD RELAYS 2008

Westfield High School  
Chantilly , VA

Saturday, March 29, 2008

Girls will run first. There will be no set time schedule. The meet will run continuously.

9:30 a.m.	Boys and Girls Long Jump Boys Discus Throw Girls Shot Put Boys High Jump Girls Pole Vault
12:00 p.m.	Boys and Girls Triple Jump Girls Discus Throw Boys Shot Put Girls High Jump Boys Pole Vault
10:30 a.m.	Hurdle Relay (two hurdlers) 4 x 1600 Meter Relay 4 x 200 Meter Relay 4 x 800 Meter Relay 4 x 100 Meter Relay 9/10 <sup>th</sup> Grade 1600 Meter Run Sprint Medley (400-200-200-800) Distance Medley Relay (1200-400-800-1600) Clydesdale Relay (Made up of throwers) 9/10 <sup>th</sup> Grade 4 x 400 Meter Relay 4 x 400 Meter Relay

✓ There will be concessions and t-shirts on sale throughout the meet.

# Carolyn Legard Relays Meet Records

1	Men 1600 Meter Run 9th/10th Grade	4:33.47	3/31/2007	Leoule Degfae - Edison, Thomas
2	Women 1600 Meter Run 9th/10th Gra	5:12.5h		Dacia Barr - Centreville High School
3	Men 110 Meter Hurdles Relay Varsity	15.10	3/31/2007	Greg Copper - Paul VI Catholic
4	Women 100 Meter Hurdles Relay Vars	15.30	3/31/2007	Brittany Hyter - Osbourn Park
5	Men 4x100 Meter Relay Varsity	41.3h		Brooke Point High School - Brooke Point High School
6	Women 4x100 Meter Relay Varsity	48.7h		Central High School - Central High School
7	Men 4x400 Meter Relay 9th/10th Gra	3:30.7h		Dematha High School - Dematha High School
8	Women 4x400 Meter Relay 9th/10th	4:14.4h		C'Ville/Hayfield - C'Ville/Hayfield
9	Men 4x800 Meter Relay Varsity	8:02.48	3/31/2007	Gonzaga - Gonzaga C Ward, E Shields, T Kelly, A Talyor
10	Women 4x800 Meter Relay Varsity	9:26.7h		Centreville High School - Centreville High School
11	Men Distance Medley Varsity	10:09.2h		West Springfield High Sch - West Springfield High Sc
12	Women Distance Medley Varsity	12:19.6h		Centreville High School - Centreville High School
13	Men 4x1600 Meter Relay Varsity	18:22.5h		Thomas Jefferson S&T - Thomas Jefferson S&T
14	Women 4x1600 Meter Relay Varsity	21:15.4h		Good Counsel High Sch - Good Counsel HS
15	Men 4x400 Meter Relay Varsity	3:21.2h		Suitland High School - Suitland High School
16	Women 4x400 Meter Relay Varsity	3:54.3h		Garfield High School - Garfield High School
17	Men 4x200 Meter Relay Varsity	1:27.5h		Oxon Hill High School - Oxon Hill High School
18	Women 4x200 Meter Relay Varsity	1:42.6h		Garfield High School - Garfield High School
19	Men 4x100 Meter Relay Clydesdale	48.6h		Robinson High School - Robinson High School
20	Women 4x100 Meter Relay Clydesdal	55.8h		West Potomac High School - West Potomac High School
21	Men 1600 Sprint Medley Varsity	3:32.6h		Oakton High School - Oakton High School
22	Women 1600 Sprint Medley Varsity	4:13.54	3/31/2007	Osborn Park - Osborn Park B Hyter, A Nocera, K Trizna, A Karabinus
23	Men High Jump Relay	12-06.00		Oakton High School - Oakton High School
24	Women High Jump Relay	10-04.00		Jefferson/Hayfield - Jefferson/Hayfield
25	Men Pole Vault Relay	23-06.00		Lake Braddock High School - Lake Braddock High Schoo
26	Women Pole Vault Relay	21-00.00		Garfield High School - Garfield High School
27	Men Long Jump Relay	43-03.00		Hayfield High School - Hayfield High School
28	Women Long Jump Relay	34-02.00		Thomas Jefferson S&T - Thomas Jefferson S&T
29	Men Triple Jump Relay	86-07.50	3/25/2006	Justin Smith, Ed Baldwin - Edison High School
30	Women Triple Jump Relay	71-11.75		Garfield High School - Garfield High School
31	Men Discus Throw Relay	287-00		Thomas Jefferson S&T - Thomas Jefferson S&T
32	Women Discus Throw Relay	237-00		Brooke Point High School - Brooke Point High School
33	Men Shot Put Relay	105-10.00		TC Williams High School - TC Williams High School
34	Women Shot Put Relay	70-10.00	3/25/2006	Roshell Hill, Brittany Burruss - Fluvanna High School