

To: Athletic Directors and Head Track Coaches
From: Bob London, Meet Director
Date: January 7, 2010
RE: Lupe Acevedo Relays

Our annual Lupe Acevedo Relays will be held Wednesday, April 21, 2010, at 1:30 p.m. The coaches meeting will begin at 12:30 p.m. (Please be prompt). We are very excited this year to be making this meet a benefit for The Wounded Warrior Project and we will also hold a food drive for The Love Kitchen, a local food shelter. Each school's **\$200** entry fee will be donated directly to Wounded Warrior Project. **Make the check payable to the Blue Ridge Track Club.** Local businesses, organizations, and individuals will sponsor the events in order to cover the cost of medals. **We also request that coaches encourage their athletes to bring 1 canned good for each event they enter. (More if they want!!!).** The athletes can deposit the canned food in grocery carts at the start/finish line. The food donation will be done strictly on a voluntary basis, but we hope that you will support us in our quest to make this a great meet that also provides a benefit to charitable organizations.

All entries will be made on Direct Athletics. We will rotate lane assignments for the various races. Field events will start at 1:30p.m. **Note: Due to time overrun, pole vault will start warming up at 1:00p.m.** Starting blocks will be provided and we ask that your athletes use ¼" or shorter spikes.

Three team members will be used to fill a field event, while four members will comprise each running relay. In the field events, distances and heights will be combined to determine a team finish. Each athlete will be given 3 attempts in field events, except pole vault and high jump, where athletes will get 3 consecutive misses, or 4 total for the competition. **Note: We will weigh vaulters and verify poles.** Medals will be awarded to 1st through 4th place in each event, and medals will also be awarded to every athlete on the winning as well as runner-up boys and girls teams.

***** Please contact me at 928-368-6328 Ext.774, text me at 928-369-8375, or E-mail: blondon@brusd.k12.az.us *as soon as possible*, concerning this meet. We need to finalize which nine teams will join us. No response will be taken as a no answer and someone else will be invited. Thanks, Bob.**

LUPE ACEVEDO RELAYS April 21, 2010

Schedule of Events

- 1:30 Girls Pole Vault- followed by Boys Pole Vault
- 2:00 Boys Discus- followed by Girls Discus
Girls Shot Put- followed by Boys Shot Put
High Jump- (possibly two pits) - Boys / Girls simultaneously-(if not, Boys followed by Girls)
Long / Triple Jump- (Two pits- Boys / Girls simultaneously)
Open pits for Boys Long and Girls Triple Jumps from 2:00p.m. to 3:00p.m. Open pits for Girls Long and Boys Triple Jump from 3:30p.m. to 4:30p.m. All jumpers must get their jumps in during this time.
- 2:15 Girls Shuttle Hurdles(4x100m.-10 hurdles)-33”
Boys Shuttle Hurdles(4x110m.- 10 hurdles)-36”
- 2:50 Girls 3200m.- (4x800m.)
Boys 3200m.
- 3:15 Girls 800m.- (4x200m.)
Boys 800m.
- 3:30 Girls Sprint Medley- (100,100, 200, 400)
Boys Sprint Medley
- 4:00 Girls Distance Medley- (800, 400, 1200, 1600)
Boys Distance Medley
- 4:40 Girls 400m.- (4x100m.)
Boys 400m.
- 5:00 Girls 1600m. Medley- (200, 200, 400, 800)
Boys 1600m. Medley
- 5:20 Girls 1600m.- (4x400)
Boys 1600m.

Note: If we can get ahead of the time schedule, we will.