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29th ANNUAL
RALPH WHITE RELAYS
BOYS AND GIRLS 9TH – 10th BOYS AND GIRLS TRACK MEET
BURLINGTON HIGH SCHOOL
APRIL 27, 2015

Burlington High School is pleased to welcome you to the 29th Annual Ralph White Relays on Monday, April 27, 2015. The starting time will be 4:30 p.m. for field events and 5:00 pm for running events. This boys and girls track and field meet is named in honor of Ralph White, a Burlington High School graduate who came back to serve his home school district for 43 years as teacher, coach, and Middle School Athletic Director. His dedicated work with middle school youngsters is legendary in the Burlington Community.

LOCATION: The track is located at the Burlington High School. It is an 8-lane all-weather track.
Please wear spikes no longer the 1/4".

DRESSING FACILITIES:

Locker space will be available in the boys and girls physical education locker rooms. If you wish to dress here, be sure to have your athletes bring their padlocks. Please bring your own towels. Each team will be responsible for its own valuables and equipment.

EQUIPMENT: Bring your own batons. Blocks will be furnished.

COACHES MEETING: Coaches meeting will be held at 4:00 p.m. in the track press box 2nd floor.

ENTRIES: 9TH AND 10TH GRADES ONLY - NO EXCEPTIONS. PLEASE DO NOT ENTER ATHLETES WHO ARE CONSISTENT PLACE WINNERS IN VARSITY MEETS.

There will be no preliminaries in the running events. Final places will be based on heat times. There is a limit of two per school in all running events and all field events. One relay entry per school. **Please Note:** Shot, discus, 1500, 1600, 3000 and 3200 may have up to 4 entries with only 2 scoring.

Online Entry Opens: Now

All entries will be submitted online. You may enter this meet by going directly to www.directathletics.com. You will have to create an account and then look for the meet on the schedule. Make sure you print out a hard copy of entries for your records after you have declared. Changes the day of the meet will be allowed only in the case of injury or illness. The new athlete will participate in the spot of the athlete they are replacing. New seeding will not be done the day of the meet. If you have any questions please call Jenna Caffrey at (319)753-2211 Ext. 1144 or e-mail at jenna.caffrey@bcstds.org

Final Declarations: Declarations Closes: Sunday, April 26th – 8:00PM

The limitation rule of the Iowa High School Athletic Association will be followed. The winners and place winners will be determined on a time basis.

Shot and discus rings are concrete.

The High Jump will start at Boys: 5'0" and Girls 4' 4"

ENTRY FEE: \$80.00 per team

ADMISSION: Adults: \$5.00 Students \$4.00

CONCESSIONS: Will be available. Located north of the track.

TEAMS: Girls' – Burlington, Fairfield, Mt. Pleasant, Muscatine, Washington, Dav. West
Boys' - Burlington, Fairfield, Mount Pleasant, Washington, D. West

SCORING AND AWARDS:

Individual events and relay events: 10-8-6-4-2-1 Medals will be awarded for three places in all events. A team trophy will be presented for both girls and boys divisions.

**RALPH WHITE 9TH – 10th BOYS AND GIRLS RELAYS
BURLINGTON HIGH SCHOOL**

ORDER OF EVENTS – ALL FINALS

4:30 PM	Boys' High Jump - Final	5:15 PM	Girls' High Jump - Final
4:30 PM	Girls' Long Jump – 4 Jumps	5:15 PM	Boys' Long Jump – 4 Jumps
4:30 PM	Girls' Shot Put – 4 Throws	5:15 PM	Boys' Shot Put – 4 Throws
4:30 PM	Boys' Discus – 4 Throws	5:15 PM	Girls' Discus – 4 Throws
5:00 PM	3000 M Run – Girls		
5:15 PM	4 X 800 Relay - Boys		
5:25 PM	4 X 800 Relay - Girls		
5:40 PM	3200 M Run - Boys		
5:55 PM	Shuttle Hurdle Relay - Boys		
6:05 PM	Shuttle Hurdle Relay - Girls		
6:12 PM	100 M Dash - Girls		
6:16 PM	100 M Dash – Boys		
6:24 PM	Distance Medley Relay – Girls		
6:32 PM	400 M Dash - Girls		
6:38 PM	400 M. Dash - Boys		
6:49 PM	4 X 200 M Relay – Girls		
6:55 PM	4 X 200 M Relay – Boys		
7:00 PM	100 M Hurdles – Girls		
7:12 PM	110 M Hurdles - Boys		
7:17 PM	1600 M Run - Boys		
7:22 PM	800 M Run – Girls		
7:32 PM	200 M Dash – Girls		
7:37 PM	200 M Dash – Boys		
7:42 PM	400 M Hurdles - Girls		
7:52 PM	400 M Hurdles – Boys		
7:58 PM	1600 M Medley Relay – Boys		
8:03 PM	Sprint Medley Relay – Girls		
8:13 PM	1500 M Run – Girls		
8:18 PM	800 M Run – Boys		
8:25 PM	4 X 100 M Relay – Girls		
8:30 PM	4 X 100 M Relay – Boys		
8:35 PM	4 X 400 M Relay – Girls		
8:40 PM	4 X 400 M Relay - Boys		