

# SANDLAPPER TRACK & FIELD CLASSIC

March 7, 2009

At WEST ASHLEY HIGH SCHOOL

4060 West Wildcat Blvd.

Charleston, SC 29414

Fax. # (843) 573-1224 Attn. Richard Luden

[www.directathletics.com](http://www.directathletics.com)

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**\*\*\* ENTRY DEADLINE: MARCH 1, 2009 \*\*\***

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- LOCATION:** West Ashley High School Stadium  
(Premier track facility in SC – ¼ in. spikes or flats)
- ENTRY FEE:** ONE TEAM \$75.00; BOYS AND GIRLS \$125.00 Make check payable to West Ashley High School. Teams will be seeded according to times entered. Please be honest about your times/distances/heights.
- Entry:** [www.directathletics.com](http://www.directathletics.com)
- ENTRY LIMITS:** Each school is allowed to enter 2 athletes per individual event and 2 relay teams per relay event. The 4 event rule still applies.
- AWARDS:** Championship medals will be given for 1<sup>st</sup> thru 3<sup>rd</sup> place. Ribbons to 4<sup>th</sup> thru 8<sup>th</sup> . All 1<sup>st</sup> places including relays will be given championship t-shirts. The meet will be scored 10-8-6-5-4-3-2-1. Team scoring will be kept and awards will be given to the top 5 teams in both girls and boys divisions. We will also give an overall award the top school with combined scores. There will also be 2 individual awards for the outstanding track and field event athlete for both girls and boys.
- RESULTS:** Results will be posted on our website: [www.sandlapperclassic.com](http://www.sandlapperclassic.com) as well as [www.scrunners.com](http://www.scrunners.com) We will also post them in the stadium as the event is completed.
- MEDICAL:** A training area will be provided for all athletes for treatment of minor injuries, however, each school will need to supply their own tape.
- MEET RULES:** No radios/CD players/Boom Boxes allowed without headphones. Tents are not allowed in stands or between stands & shot put area. Admission is free for athletes in official school track uniform only. All others \$5.00. Only SCHSL passes accepted!!!!!!
- Upon hearing First Call, athletes in running events (including relays) must report to the Clerking Area near the Scoreboard. Field Event competitors report to the respective Field Event Area. Failure to report in a timely manner will cause you to be Scratched from that event.

# **SANDLAPPER TRACK & FIELD CLASSIC**

**March 7, 2009**

## **TIME SCHEDULE**

### **Running Events (Girls followed by Boys)**

<b>9:00</b>	<b>4 x 1600 M Relay</b>
<b>10:30</b>	<b>100 M Dash (Trials)</b>
<b>11:00</b>	<b>110 M/ 100M High Hurdles (Trials)</b>
<b>12:30</b>	<b>4 x 100 M Relay (Finals)</b>
<b>1:00</b>	<b>4x800 M Relay</b>
<b>1:30</b>	<b>100 M/ 110 M High Hurdles (Finals)</b>
<b>1:45</b>	<b>100 M Dash ( Finals)</b>
<b>2:00</b>	<b>1600 M Run</b>
<b>2:30</b>	<b>400 M Dash</b>
<b>3:00</b>	<b>400 M Int. Hurdles</b>
<b>3:30</b>	<b>800 M Run</b>
<b>4:00</b>	<b>200 M Dash ( Finals)</b>
<b>4:30</b>	<b>DMR - Distance Medley Relay (800,400,1200,1600)</b>
<b>5:00</b>	<b>4x400 Relay</b>

### **Field Events**

<b>10:00</b>	<b>Girls - Triple Jump</b>
	<b>- Shot Put</b>
	<b>- Pole Vault</b>
	<b>Boys - Long Jump</b>
	<b>- High Jump</b>
	<b>- Discus</b>
<b>12:00</b>	<b>Girls - Long Jump</b>
	<b>- High Jump</b>
	<b>- Discus</b>
	<b>Boys - Triple Jump</b>
	<b>- Shot Put</b>
	<b>- Pole Vault</b>

**SANDLAPPER TRACK & FIELD CLASSIC  
INTENTION FORM**

**SCHOOL:** \_\_\_\_\_  
**ADDRESS:** \_\_\_\_\_  
\_\_\_\_\_

**PHONE:** \_\_\_\_\_  
**COACHES:** \_\_\_\_\_  
**E-MAIL:** \_\_\_\_\_

**OUR SCHOOL PLANS TO ATTEND  
(PLEASE CHECK):**

\_\_\_\_\_ **BOYS** (\$75)  
\_\_\_\_\_ **GIRLS** (\$75)  
\_\_\_\_\_ **BOTH** (\$125)

**SEND CHECK TO: WEST ASHLEY HIGH SCHOOL  
4060 WEST WILDCAT BLVD.  
CHARLESTON, SC 29414  
ATTN: RICHARD LUDEN**

**Deadline: MARCH 1, 2009-call if you run into a problem (843) 573-1220.**