

River Forest Relays Meet 5/4/24 (relays, LJ and HJ only)

Meet the bus at Roosevelt at 7:40 AM on Saturday, May 4

Location: Oak Park River Forest High School Field House, Door #3, 201 North Scoville Ave, Oak Park, Illinois. There is a parking garage next to the field house. Buses will park on the street.

Start time: Doors open for visiting teams at 8:15am. Spectators may arrive starting at 8:30am. Mandatory coaches' meeting at 8:40 am; meet begins at 9:00 am. *The meet will last approximately 2 hours.*

Order of Events:

4x160 relays, two relays per division per team (one is your 4x100, the other is your 4x200)

4x400 relays, one relay per division per team

High Jump: 7G, 8G, 7B, 8B, two athletes per division per team (will go on during relays)

Long Jump: 7B, 8B, 7G, 8G two athletes per division per team (will go on during relays)

Timing: This meet will be hand timed; each team must provide one timer and a recorder at the finish line area.

Scoring: We are using athletic.net's RunMeet system for the first time, and will try to enter data for the teams that can be published to Athletic.net. However, it is our first time doing this, so every team should ALSO record their own results just in case we make a mistake:)

Registration: Register your runners and jumpers on athletic.net before the deadline of Thursday, May 2.

Starter: An IESA starter will conduct the meet

VERY IMPORTANT: Crowd control and team base camps

1. Each team will be assigned to a base camp area. **Athletes must remain in their assigned area unless they are being staged for their relay or jumping event.** The coaches are asked to explain this rule to their team and also to provide an adult to help keep kids at their base camp when they are not competing. Having non-competitors in the infield prevents us from conducting high jump and long jump efficiently and is also a safety hazard.

2. Any student spectators must be accompanied by their parents and must sit in the second story bleachers. Please inform your entire team of this rule.

3. All spectators will view the meet from the second story bleachers. **No spectators are permitted on the ground floor.**

4. The athlete limit for each team is 50 students. Please do not bring any student athletes who are not actually registered for and competing in an event.

5. Base camp supervisors should ensure that student gear is stashed at least 6 feet away from the outer lane of the track, and that this area is clear of students during the races.