

# SES RELAYS

**When:** Saturday, April 20, 2024

**Where:** Steve Fritz Track & Field, Southeast of Saline High School, Gypsum, KS

**Time:** Meet will start at 10:00am.

**Other: Entry Fee is \$15.00 per athlete.** There is no refund policy in effect. All efforts will be made to run the meet. No event protests will be allowed. Group 1 (PreK-K) athletes will be allowed to compete in up to 3 events, and Groups 2-4 (1st/2nd, 3rd/4th, 5th/6th) athletes may compete in up to 4 total events at this meet, which will be relays and running events only.

## Competitors who place 1st - 6th will receive awards!

Ribbons may be picked up at the Awards tent near the concession stand after your event results have been announced.

Drew and JuliAnne Rathbun of Gypsum will officiate all races. Day of the meet announcements take precedence over printed material. For questions pertaining to the meet contact JuliAnne Rathbun at [sesrelays@gmail.com](mailto:sesrelays@gmail.com).

### ONLINE REGISTRATION ONLY!

Registration will be completed online. Payment may be via Venmo @SESRelays or cash or a check made out to JuliAnne Rathbun on the day of the meet. We are also going to cap the number of entrants at 300 athletes in order to keep the meet manageable.

**DEADLINE TO REGISTER:  
MONDAY, APRIL 15**

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**Directions to register online:** Go to <https://forms.gle/Ncm54Pux7SKi1nM3A>

**Payment:** Venmo @SESRelays  
Cash or check made out to JuliAnne Rathbun

**Group 1: Pre-K/K:** 25m dash, 50m dash, 100m dash, and 4x25m relay

**Group 2: 1st & 2nd Grade:** 50m dash, 100m dash, 200m dash, 400m dash, 4x100m relay

**Group 3: 3rd & 4th Grade:** 100m dash, 200m dash, 400m dash, 800m run, 1600m run, 4x100m relay, 4x200m relay, and Sprint Medley relay

**Group 4: 5th & 6th Grade:** 60m Hurdles (30"), 100m dash, 200m dash, 400m dash, 800m run, 1600m run, 4x100m relay, 4x200m relay, Sprint Medley relay

### RELAYS:

Sprint Medley (100-100-200-400)  
The 4x25m relay for Group 1 will start at the 100m start line.

**80m Hurdles** for 5th/6th grade will consist of 8 hurdles at 30" (12m to first hurdle, 7.5m between hurdles)

**\*\*RELAYS CAN BE MARKED ON THE REGISTRATION FORM, BUT COACHES WILL NEED TO FILL OUT RELAY CARDS AT THE REGISTRATION TABLE ON THE MORNING OF THE MEET TO OFFICIALLY ENTER A RELAY.**

# **SES RELAYS ORDER OF EVENTS - April 20, 2024**

## **Running Events Only**

Girls will run first, followed by Boys, in each division. Some groups may be combined if there is a small number of entries, but athletes will still be placed and awards given within their separate age groups.

**10:00 AM start** – will continue on a rolling schedule:

25M Dash	Pre-K/K	Girls then Boys
80M Hurdles (30")	5th/6th	Girls then Boys
100M Dash	Pre-K/K	Girls then Boys
100M Dash	1st/2nd	Girls then Boys
100M Dash	3rd/4th	Girls then Boys
100M Dash	5th/6th	Girls then Boys
1600M Run	3rd/4th	Girls then Boys
1600M Run	5th/6th	Girls then Boys
4x25M Relay	Pre-K/K	Girls then Boys
4x100M Relay	1st/2nd	Girls then Boys
4x100M Relay	3rd/4th	Girls then Boys
4x100M Relay	5th/6th	Girls then Boys
400M Dash	1st/2nd	Girls then Boys
400M Dash	3rd/4th	Girls then Boys
400M Dash	5th/6th	Girls then Boys
50M Dash	Pre-K/K	Girls then Boys
50M Dash	1st/2nd	Girls then Boys
4x200M Relay	1st/2nd	Girls then Boys
4x200M Relay	3rd/4th	Girls then Boys
4x200M Relay	5th/6th	Girls then Boys
800M Run	3rd/4th	Girls then Boys
800M Run	5th/6th	Girls then Boys
200M Dash	1st/2nd	Girls then Boys
200M Dash	3rd/4th	Girls then Boys
200M Dash	5th/6th	Girls then Boys
Sprint Medley Relay (100-100-200-400)	3rd/4th	Girls then Boys
Sprint Medley Relay (100-100-200-400)	5th/6th	Girls then Boys