

To: Athletic Directors and Head Track Coaches  
From: Bob London, Meet Director  
Date: January 8, 2009  
RE: Lupe Acevedo Relays

Our annual Lupe Acevedo Relays will be held Wednesday, April 22, 2009, 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 Special Olympics and a local food shelter. Each school's \$200 entry fee will be donated directly to Special Olympics. **Make the check payable to the Blue Ridge Track Club.** Local businesses and organizations will sponsor individual 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. The athletes can deposit the canned food in grocery carts at the staging area and field event venues. The food donation will be done 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 1<sup>st</sup> through 4<sup>th</sup> place as well as medals to the top two boys and top two girls teams.

**\*\*\* Please contact me at 928-368-6328 Ext.774, or text me at 928-369-8375, 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** E-mail: HM:blondon@frontiernet.net  
WK: blondon@brusd.k12.az.us

# LUPE ACEVEDO RELAYS April 22, 2009

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## 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.**