

John Mulholland Relays - Suburban Parochial League

Created 2026-02-11

JOHN MULHOLLAND RELAYS MEET ADMINISTRATION

In Memory of John Mulholland

The John Mulholland Relays is named in honor of Coach John Mulholland. A dedicated coach at St. Francis Xavier for more than two decades, Coach Mul guided countless young athletes in cross country and track and field — nurturing not only their athletic development, but their character and love of the sport. Coach Mul's commitment extended far beyond his own athletes. As SPL President and through his leadership on multiple committees, he was a driving force behind the growth and excellence of the entire league. This meet is a tribute to his dedication, his spirit, and the difference he made in the lives of so many people.

1. Eligible Athletes

- a. Individual contestants are limited to four (4) events maximum. Of those four (4) events, only two (2) can be field events.
- b. Entries are due to the meet host by Thursday 11:59 p.m. The meet host will provide an entry form along with the meet letter.

2. Running Events

- a. All running events are relays.
- b. Co-ed relays consist of 2 boys and 2 girls by division (JV and Varsity).
- c. Combined grade relays consist of 2 athletes from JV and 2 athletes from Varsity. Girls and boys compete in separate races.
- d. Limit two entries for the co-ed relays. Limit one entry for the combined grade relays.
- e. Teams will be split into two groups, each comprising up to 8 teams. The first group will run all its A relays in heat 1; the second group will run all its A relays in heat 2. Subsequent heats will be B relay teams.
 - i. Heat 1: Group 1 - A relays
 - ii. Heat 2: Group 2 - A relays
 - iii. Heats 3 and 4, as needed: All groups - B relays
- f. If there are fewer than eight (8) teams registered for a running event, there will only be one (1) heat run for that event.

3. Field Events

- a. Individuals should not compete in the same field event at more than one grade level.
- b. Event limits:
 - i. High jump = 2 JV boys, 2 JV girls, 2 Varsity boys, 2 Varsity girls
 - ii. All other field events = 4 JV girls, 4 JV boys, 4 Varsity girls, 4 Varsity boys
- c. Scoring for field event place winners will be individual, not combined.
- d. Long Jump, Triple Jump, Shot Put, Discus, Javelin: Each participant is allowed a maximum of two (2) practice jumps or throws and two (2) measured tries. At the discretion of the event's Head Judge, practice jumps or throws may be limited to one (1) per participant.

4. Awards

- a. Ribbons to four (4) places per heat for running events.
- b. Ribbons up to four (4) individual places for field events (JV girls, JV boys, Varsity girls, Varsity boys).
- c. This meet is not scored and no team awards are given.

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5. Meet Starting Time and Event Sequence

- a. The John Mulholland Relays are scheduled for Week #4, which is the week after the League Finals Meet and coincides with IESA Sectionals for 1A/2A teams.
- b. The coaches and volunteer meeting will begin at 7:30 a.m. All coaches and volunteers are required to attend.
- c. JV field events will begin promptly at 8:00 a.m.
- d. Varsity relays will begin at 8:30 a.m.
- e. Combined grade-level relays will begin at the conclusion of all JV field events and Varsity relays.

6. Meet Information Letter

- a. Meet hosts are responsible for sending a meet letter to all participating teams and the starter at least one week prior to meet day.
- b. Meet Information Letter will include track location and meet worker assignments. Meet worker assignments are also listed in the meet schedule.
- c. To avoid error and confusion, the Meet Information Letter will not include information on events, calling order, and event procedures, since these are already described in SPL official documents.

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Official Events

Field Events - Junior Varsity (Grades 5 & 6)

Event	Sequence	Notes
Long Jump	Boys, Girls	Each team allowed 4 JV boys and 4 JV girls
Triple Jump	Girls, Boys	Each team allowed 4 JV boys and 4 JV girls
Shot Put	Girls, Boys	Each team allowed 4 JV boys and 4 JV girls
Javelin	Boys, Girls	Each team allowed 4 JV boys and 4 JV girls
High Jump	Combined	Each team allowed 2 JV boys and 2 JV girls

Co-Ed Relays - Varsity (Grades 7 & 8)

Relay Leg: 1 = 100m, 2 = 200m, 4 = 400m, 6 = 600m, 8 = 800m

Limit 2 teams per school.

Event	Sequence	Notes
1200m Medley	2-1-1-8 b-g-b-g	Race starts at the normal finish line. Use a 4-curve staggered start. First 3 runners stay in lane. #4 runner cuts in after receiving baton.
400m Major	1-1-1-1 g-b-g-b	Race starts at the normal finish line. Use a normal 2-curve staggered start. ALL runners stay in lane full race.
400m Minor	1-1-1-1 g-b-g-b	Race starts at the normal finish line. Use a normal 2-curve staggered start. ALL runners stay in lane full race.
800m Medley	1-1-2-4 g-b-g-b	Race starts at the normal finish line. Use a normal 2-curve staggered start. First 3 runners stay in lane. #4 runner cuts in after receiving baton.
800m Relay	2-2-2-2 g-b-g-b	Race starts at the normal finish line. Use a 4-curve staggered start. ALL runners stay in lane full race.
1600m Relay	4-4-4-4 b-g-b-g	Race starts at normal finish line. First runner stays in lane. #2 runner cuts in after receiving baton. #3 and #4 runners slide in to meet incoming runner.

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Combined Grade Relays

Runner Sequence: Always JV, JV, Varsity, Varsity

Race Sequence: Girls, then Boys

Relay Leg: 1 = 100m, 2 = 200m, 4 = 400m, 6 = 600m, 8 = 800m

Limit 1 team per school.

Event	Sequence	Notes
1200m Medley	2-1-1-8	Race starts at the normal finish line. Use a 4-curve staggered start. First 3 runners stay in lane. #4 runner cuts in after receiving baton.
800m Relay	2-2-2-2	Race starts at the normal finish line. Use a 4-curve staggered start. ALL runners stay in lane full race.
400m Relay	1-1-1-1	Race starts at the normal finish line. Use a normal 2-curve staggered start. ALL runners stay in lane full race.
1600m Relay	4-4-4-4	Race starts at normal finish line. First runner stays in lane. #2 runner cuts in after receiving baton. #3 and #4 runners slide in to meet incoming runner.
800m Medley	1-1-2-4	Race starts at the normal finish line. Use a normal 2-curve staggered start. First 3 runners stay in lane. #4 runner cuts in after receiving baton.

Field Events - Varsity (Grades 7 & 8)

Event	Sequence	Notes
Long Jump	Boys, Girls	Each team allowed 4 boys and 4 girls
Triple Jump	Girls, Boys	Each team allowed 4 boys and 4 girls
Shot Put	Girls, Boys	Each team allowed 4 boys and 4 girls
Discus	Boys, Girls	Each team allowed 4 boys and 4 girls
High Jump	Combined	Each team allowed 2 boys and 2 girls

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Co-Ed Relays - Junior Varsity (Grades 5 & 6)

Relay Leg: 1 = 100m, 2 = 200m, 4 = 400m, 6 = 600m, 8 = 800m

Event	Sequence	Notes
1200m Medley	2-1-1-8 b-g-b-g	Race starts at the normal finish line. Use a 4-curve staggered start. First 3 runners stay in lane. #4 runner cuts in after receiving baton.
400m Major	1-1-1-1 g-b-g-b	Race starts at the normal finish line. Use a normal 2-curve staggered start. ALL runners stay in lane full race.
400m Minor	1-1-1-1 g-b-g-b	Race starts at the normal finish line. Use a normal 2-curve staggered start. ALL runners stay in lane full race.
800m Medley	1-1-2-4 g-b-g-b	Race starts at the normal finish line. Use a normal 2-curve staggered start. First 3 runners stay in lane. #4 runner cuts in after receiving baton.
800m Relay	2-2-2-2 g-b-g-b	Race starts at the normal finish line. Use a 4-curve staggered start. ALL runners stay in lane full race.
1600m Relay	4-4-4-4 b-g-b-g	Race starts at normal finish line. First runner stays in lane. #2 runner cuts in after receiving baton. #3 and #4 runners slide in to meet incoming runner.