

A. Purpose of Co-ed Relays

- 1 Primary objective is increased opportunities for average-skill individuals to win ribbons, as members of event-teams; no "individual vs. individual" events.
- 2 Secondary objective is to maintain some opportunity for better-skilled participants to retain competitive edge in distances and/or field events to be contested at Qualifying and Championship Meets.

B. Officiating & Hosting of Meet

- 1 Omit School-Team Scoring and School-Team Awards: Reduces paperwork, expense & time-length of meet (easy-to-officiate).
- 2 Keep emphasis on average-skill individuals; eliminate any possible focus on school points & trophies.

C. Eligible Participants

- 1 Schools may enter one team of multiple athletes in each event.
- 2 It is recommended that schools limit their individual contestants to five-event maximum.

D. Unique "Event-Team" Line-up

- 1 Running - all races are relays
 - a. Boy-Girl relay 2 Boys & 2 Girls, from same grade.
 - b. Combined grade relay = 1 each from grades 5,6,7,8. Girls and Boys compete in separate races.
- 2 Field Events
 - a. Individual contestants shall not compete in same field event in more than one grade (level).
 - b. High Jump = 2 Girls & 2 Boys, same grade level.
 - c. All other field events = 4 Girls & 4 Boys, same grade level.
 - d. Scoring: Place-winners, for each grade level: Combine sum of best individual effort of best 2 boys and best 2 girls (each event-team).

- e. Long Jump, Hop-Step-Jump, Shot Put, Discus, Javelin: Each participant allowed maximum of 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.

E. Award Ribbons

- 1 All events - Ribbons to four (4) places. Colors: First = Blue; 2nd = Red; 3rd = Yellow; 4th = White
- 2 Ribbons to all members of event-team: Running= 4 - Field= 8 (except High Jump= 4).

F. Combined-Grade Relays

- 1 Instruct and escort both levels simultaneously.
- 2 Relay judges (exchange zones) must have copy of Lane Assignments & Event Procedure.

G. High Jump

- 1 Starting Height
 - a. Different starting height for girls and boys.
- 2 Girls and boys competing at same time.
 - a. Girls simply start jumping at lower heights.
 - b. Once jumping proceeds to boys' starting height, both are jumping at any given height.
- 3 Maximum of 2 official jumps at each height (and 2 practice jumps) for each participant.
- 4 When only one boy-jumper and/or one girl-jumper remains, he or she is allowed to continue competing at increased heights, until his or her team's composite sum height is the best.
- 5 Passing at lower heights is encouraged as it saves jumper energy and speeds the event.

- H. Schedule.** Co-Ed Relays are traditionally scheduled to occur between Qualifying and Championship Meets, as long as the Illinois Science Fair is not on Qualifying Meet weekend.

MORNING - Session 1: Coaches Meeting 8:00 am.
All field events start 8:15 am.
Running events start 8:30 am.

FIELD EVENTS – Grade 6

Event	SEQ	Special Instructions
LONG JUMP	6	4 Boys and 4 Girls
HOP, STEP & JUMP	6	4 Boys and 4 Girls
SHOT PUT (6 lbs)	6	4 Boys and 4 Girls
HIGH JUMP	6	2 Boys and 2 Girls
JAVELIN	6	4 Boys and 4 Girls

BOY-GIRL RELAYS – Grade 5

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

Event	SEQ	Special Instructions
WARM-UP MEDLEY	1-1-2-4 g-b-g-b	Race starts at normal finish line. Use normal 2-curve staggered start. First 3 runners stay in lane. #4 runner cuts in after receiving baton.
1200-m MEDLEY	2-2-2-6 b-g-b-g	Race starts at normal finish line. Use 4-curve staggered start. First 3 runners stay in lane. #4 runner cuts in after his/her first curve.
400-m RELAY (MAJOR)	1-1-1-1 g-b-g-b	Race starts at normal finish line. Use normal 2-curve staggered start. ALL runners stay in lane full race.
400-m RELAY (MINOR)	1-1-1-1 g-b-g-b	Race starts at normal finish line. Use normal 2-curve staggered start. ALL runners stay in lane full race.
800-m MEDLEY	1-1-2-4 b-g-b-g	Race starts at normal finish line. Use normal 2-curve staggered start. First 3 runners stay in lane. #4 runner cuts in after receiving baton.
800-m RELAY	2-2-2-2 g-b-g-b	Race starts at normal finish line. Use 4-curve staggered start. ALL runners stay in lane full race.
1600-m 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.

MORNING - Session 2: Starts immediately following completion of Morning Session 1.

FIELD EVENTS – Grade 5

Event	SEQ	Special Instructions
LONG JUMP	5	4 Boys and 4 Girls
HOP, STEP & JUMP	5	4 Boys and 4 Girls
SHOT PUT (6 lbs)	5	4 Boys and 4 Girls
HIGH JUMP	5	2 Boys and 2 Girls
JAVELIN	5	4 Boys and 4 Girls

BOY-GIRL RELAYS – Grade 6

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

Event	SEQ	Special Instructions
WARM-UP MEDLEY	1-1-2-4 b-g-b-g	Race starts at normal finish line. Use normal 2-curve staggered start. First 3 runners stay in lane. #4 runner cuts in after receiving baton.
1200-m MEDLEY	2-2-2-6 g-b-g-b	Race starts at normal finish line. Use 4-curve staggered start. First 3 runners stay in lane. #4 runner cuts in after his/her first curve.
400-m RELAY (MAJOR)	1-1-1-1 b-g-b-g	Race starts at normal finish line. Use normal 2-curve staggered start. ALL runners stay in lane full race.
400-m RELAY (MINOR)	1-1-1-1 b-g-b-g	Race starts at normal finish line. Use normal 2-curve staggered start. ALL runners stay in lane full race.
800-m MEDLEY	1-1-2-4 g-b-g-b	Race starts at normal finish line. Use normal 2-curve staggered start. First 3 runners stay in lane. #4 runner cuts in after receiving baton.
800-m RELAY	2-2-2-2 b-g-b-g	Race starts at normal finish line. Use 4-curve staggered start. ALL runners stay in lane full race.
1600-m RELAY	4-4-4-4 g-b-g-b	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.

MORNING - Session 3: Do not start before 11:00 am

COMBINED GRADE RELAYS

Runner Sequence: Always Gr.5, Gr.6, Gr.7, Gr. 8

Race Sequence: Girls race first, then boys.

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

Event	SEQ	Special Instructions
1200-m MEDLEY GIRLS BOYS	2-2-4-4	Race starts at normal finish line. Use normal 2-curve staggered start. #1 & #2 runners stay in lane. #3 runner cuts in after receiving baton. #4 runner slides in to meet incoming runner.
800-m RELAY GIRLS BOYS	2-2-2-2	Race starts at normal finish line. Use <u>4-curve</u> staggered start. ALL runners stay in lane full race.
400-m RELAY GIRLS BOYS	1-1-1-1	Race starts at normal finish line. Use normal 2-curve staggered start. ALL runners stay in lane full race.
1600-m RELAY GIRLS BOYS	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.
800-m MEDLEY GIRLS BOYS	1-1-2-4	Race starts at normal finish line. Use normal 2-curve staggered start. First 3 runners stay in lane. #4 runner cuts in after receiving baton.
2000-m MEDLEY	2-6-4-8	Race starts at normal finish line. Use normal 2-curve staggered start. First runner stays in lane. #2 runner cuts in after his/her first curve. #3 and #4 runners slide in to meet incoming runner.

AFTERNOON – Session 1: Starts immediately following Morning Session 3, but not before 12:00 pm.

FIELD EVENTS – Grade 7

Event	SEQ	Special Instructions
LONG JUMP	7	4 Boys and 4 Girls
HOP, STEP & JUMP	7	4 Boys and 4 Girls
SHOT PUT (8 lbs)	7	4 Boys and 4 Girls
HIGH JUMP	7	2 Boys and 2 Girls (May start early)
DISCUS	7	4 Boys and 4 Girls

BOY-GIRL RELAYS – Grade 8

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

Event	SEQ	Special Instructions
WARM-UP MEDLEY	1-1-2-4 b-g-b-g	Race starts at normal finish line. Use normal 2-curve staggered start. First 3 runners stay in lane. #4 runner cuts in after receiving baton.
1200-m MEDLEY	2-1-1-8 g-b-g-b	Race starts at normal finish line. Use <u>2-curve</u> staggered start. First 3 runners stay in lane. #4 runner cuts in after receiving the baton.
400-m RELAY (MAJOR)	1-1-1-1 b-g-b-g	Race starts at normal finish line. Use normal 2-curve staggered start. ALL runners stay in lane full race.
400-m RELAY (MINOR)	1-1-1-1 b-g-b-g	Race starts at normal finish line. Use normal 2-curve staggered start. ALL runners stay in lane full race.
800-m MEDLEY	1-1-2-4 g-b-g-b	Race starts at normal finish line. Use normal 2-curve staggered start. First 3 runners stay in lane. #4 runner cuts in after receiving baton.
800-m RELAY	2-2-2-2 b-g-b-g	Race starts at normal finish line. Use <u>4-curve</u> staggered start. ALL runners stay in lane full race.
1600-m RELAY	4-4-4-4 g-b-g-b	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.

AFTERNOON – Session 2: Starts immediately following Afternoon Session 1.

FIELD EVENTS – Grade 8

Event	SEQ	Special Instructions
LONG JUMP	8	4 Boys and 4 Girls
HOP, STEP & JUMP	8	4 Boys and 4 Girls
SHOT PUT (8 lbs)	8	4 Boys and 4 Girls
HIGH JUMP	8	2 Boys and 2 Girls (May start early)
DISCUS	8	4 Boys and 4 Girls

BOY-GIRL RELAYS – Grade 7

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

Event	SEQ	Special Instructions
WARM-UP MEDLEY	1-1-2-4 g-b-g-b	Race starts at normal finish line. Use normal 2-curve staggered start. First 3 runners stay in lane. #4 runner cuts in after receiving baton.
1200-m MEDLEY	2-1-1-8 b-g-b-g	Race starts at normal finish line. Use <u>2-curve</u> staggered start. First 3 runners stay in lane. #4 runner cuts in after receiving the baton.
400-m RELAY (MAJOR)	1-1-1-1 g-b-g-b	Race starts at normal finish line. Use normal 2-curve staggered start. ALL runners stay in lane full race.
400-m RELAY (MINOR)	1-1-1-1 g-b-g-b	Race starts at normal finish line. Use normal 2-curve staggered start. ALL runners stay in lane full race.
800-m MEDLEY	1-1-2-4 b-g-b-g	Race starts at normal finish line. Use normal 2-curve staggered start. First 3 runners stay in lane. #4 runner cuts in after receiving baton.
800-m RELAY	2-2-2-2 g-b-g-b	Race starts at normal finish line. Use <u>4-curve</u> staggered start. ALL runners stay in lane full race.
1600-m 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.