

ROYAL OAK RAVENS ATHLETIC DEPARTMENT



Athletic Director: Don Watchowski
Athletic Coordinator: Pam Moore
Telephone: 248-435-8500, ext 1148

1500 Lexington Blvd. Royal Oak, MI 48073

20th Annual ROYAL OAK RELAYS

The Royal Oak Relays were first contested on the campus of Dondero High School in 2000. When Dondero and Kimball High Schools merged to form Royal Oak High School in 2006, the meet continued on the ROHS oval.

Date: Saturday, April 13, 2019

Site: Royal Oak High School Track

Time: 10:00 AM All Field Events

(3 person relays—total distance / height of team to determine medal winners)

Boys High Jump—5'00", 5'03", 5'06", 5'08", 5'10", 6'00", etc.

Girls High Jump—4'00", 4'03", 4'05", 4'07", 4'09", 4'11", etc. (GIRLS FIRST IN 2019)

Long Jump—3 trials per athlete; open order (No Finals—pit closes at 12:30pm) (BOYS & GIRLS)

Discus—2 trials + 1 trial by team (no finals) (BOYS FIRST IN 2019)

Shot Put—2 trials + 1 trial by team (no finals) (GIRLS FIRST IN 2019)

11:00 AM All Running Events (races will run ahead of schedule whenever possible)

G	B	
11:00	11:30	4 x 1600m Relay
12:00	12:10	Shuttle Hurdle Relay (Girls 4 x 100m Low Hurdles) (Boys 4 x 110m Low Hurdles)
12:20	12:20	4 x 3200m Relay (cross country style race; boys and girls together; times will be added to determine places)
12:40	12:50	Sprint Medley Relay (100-100-200-400)
1:00	1:10	4 x 200m Relay
1:20	1:35	4 x 800m Relay
1:50	2:00	Atlas Relay (4 x 100m shuttle relay with heavy ball—shot and discus throwers only)
2:10	2:20	4 x 100m Relay
2:30	2:45	Middle Distance Relay (800m – 400m – 400m – 1200m)
3:00	3:10	4 x 400m Relay

Awards: Medals to the top six teams in each event.

Scoring: 10-8-6-4-2-1

Entry Fee

\$125 per team

\$200 for both boys and girls teams

“Raven Athletics provides a Comprehensive Education through Sports”

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CONSTRUCTION NOTE:

Our facility has undergone extensive work since last year. The vast majority of the work is complete; however, a few loose ends remain. As a result, teams should be prepared for an update on conditions and potential modifications as the date approaches.

Entries

Please use athletic.net for entries. Given that this is an early season meet, there will be ample opportunity to make changes in relay lineups.

Spectators

There is limited bleacher seating on the track and near the throwing events. Fans are welcome to cheer from the infield, as well as use the visiting bleachers in the football stadium to look out over the track.

Restrooms

Restrooms are available at the entry plaza, as well as under the home bleachers in the football stadium.

Warm-up Area

Please encourage athletes to utilize the stadium turf for warm-ups / cool-downs. Athletes will be marshaled at the north end of the football field, near the 100m start line.

Tents

Please use the grass area outside of the east (far) straightaway for tents.

4 x 3200m Relay

This race will be run as a cross country race off the track. All athletes (boys and girls) will race at the same time. The race will start and finish on the track. Team places will be determined based on total time. Please advise athletes that parts of the course may be muddy and sloppy. Athletes may want to consider wearing an older pair of shoes.

Atlas Relay

Each athlete will run 100m with a medicine ball, with athletes alternating directions in the same pattern as the shuttle hurdle relay. The race is set up for throwers who most likely would not participate in a running event. However, with 3-person throwing relays, an additional field event athlete can be included. Please keep the spirit of the event in mind when putting this relay together.

The cost will be \$125 per team or \$200, if both boys and girls teams will be attending.

High School:		
Boys Only	Yes	\$125
Girls Only	Yes	\$125
Both Boys and Girls	Yes	\$200
Total Fee		
Athletic Director Name:		
Athletic Director Signature:		
Athletic Director Email:		

Please fax or email this cover sheet, or add the meet on athletic.net, to reserve your spot. Payment must be received a week prior to the event. Checks should be made payable to Royal Oak High School.

Head Coach:	Dave Barnett
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Fax #:	248-288-8733
Mail:	1500 Lexington Blvd Royal Oak MI, 48073 Attn: Track

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