1. The meet will start at 4:00 (if possible) for the field events and 5:15 for the 4x800. The meet will be an FAT meet so you can use the times and distances for state meet entries. Live results will be available on www.sstresults.com. I am going to start the 4x800 earlier than usual and follow that with the Distance Medley. Having the two distance events at the beginning of the meet will allow for the sprint types to do their jumps and throws before the sprint relays are scheduled. I realize this is going to require some decisions to be made when making up your distance teams.

2. In order to get all the paperwork together, I need your entries for **all** **events** in **by noon Sunday May 1**. Enter on directathletics.com. Make your best guess at what will be your seed mark. Enter names of your field event people and we can make changes the day of the meet if necessary. Scratches can take place upon arrival. **All running events need to be entered by Wed May 4 at 6:00PM**

3. Last year there was much confusion about how to enter your field event relays. Directathletics is set up to accept only three entries in each field event. **Go to the individual events to enter your field event people.**

4. The usual relays of 4x1, 4x2, 4x4, 4x8 will be run, the Distance Medley (1200,400,800,1600) and a Special Clipper Steeplechase (1200-800-400-400). The steeplechase won't be using the big barriers since I don't have them. Instead I will set up a flight of low/intermediate hurdles at 100m intervals. Each lap will require negotiating four barriers. This should be fun for your distance runners and regular 300m hurdlers. I intend to start the race with a 1200 (3 laps), and then have an 800 (2 laps) and then two 400's (1 lap).

5. The LJ,TJ, DIS will be limited to the top 7 teams per gender as determined by your entries on DirectAthletics. Pole Vault will be limited to the top 5 teams. I will notify you in advance as to which teams qualify. (See #2 above)

6. Only varsity events. No Junior Varsity events will be contested.

7. If there are any problems, call me at home nights 603-379-2447. (Email: stanlyford47@gmail.com).

8. Changing facilities are limited so please come dressed to compete if at all possible.

9. The weather will not stop the meet.

10. A concession stand will be available.

11. Clipper Relay T-shirts will be on sale.

12. Please give your team a run down on how relay meets work.

13. Federation rules apply including a 4 event limitation for athletes.

14. **You must use directathletics, as this is the only way to enter the meet.** First place Blue Ribbon t-shirts and 2nd through 6th place ribbons will be presented. At the end of the meet , you can pick up your school's folder with the ribbons.   Pick up first place t-shirts when the event results are announced.

15. The top six teams in each event score.

16. Composition track and runways - 1/4 inch spikes or less

17. Any comments you may have about improving the Clipper Relays would be appreciated

18. There will be no Buffalo Relay for the boys and no extra event for girls at the end of the meet. It is time to update our format. However, I will listen to feed back on the fun relays for future Clipper Relays. Popular demand may cause me to reconsider.

CLIPPER RELAYS 2022
ORDER OF EVENTS
Times are approximate. We will go faster if possible.

Time	Running Events	Field Events
4:00 if possible		**PV Girls** **HJ Boys** **HJ Girls** **SP Boys** **SP Girls** **JAV Boys** **JAV Girls** **LJ Boys** **TJ Girls** **Discus Boys**
5:15	**4x800**	
5:45	**Distance Medley** **(1200-400-800-1600)**	
6:00		**LJ Girls** **TJ Boys** **PV Boys** **Discus Girls**
6:15	**Shuttle Hurdles**	
6:35	**4x100**	
6:50	**Clipper Steeple Chase** **(1200-800-400-400)**	
7:15	**4x200**	
7:30	**4x400**	