



# Piedmont Relays

Hosted by Sirius Athletics

**April 15, 2023**

Clarke Central High School  
960 Baxter St., Athens, GA 30606



venmo

**Age Groups:** U8, 9–10, 11–12, 13–15 (age control date 12/31/23) \*Athletes can 'age-up' in relays

**Awards:** Relays: Awards for first place team

Individual Events: Medals awarded to first place in each age group, ribbons to places 2 & 3

**Entry:** \$5/athlete on team, \$10/unattached, Limit 3 events plus relays. Enter through or Milesplit GA by 5:00 pm, April 14, 2023

**Heats & Flights:** Will be drawn after entry deadline. Age groups may be combined, but results will be separated. OK to age-up in relays.

**COVID-19 Safety Measures:** We ask that anyone attending the meet self-assess and do not participate if exhibiting signs of illness.

Field events start at 9:30 sharp. Warm-ups from 8:45-9:25 and between sessions.

**Start Time-9:30 am:**

**Field Session 1:**

Long Jump - Boys (8U/9–10, 11–12, 13–15)

Discus (1k, 11 and older)

High Jump (9 and older)

**Field Session 2**

Long Jump - Girls (8U/9–10, 11–12, 13–15)

Standing LJ (co-ed, 13+, 11–12, 9–10, 8U)

Shot put (2k U8, 9+ 6 lb)

Turbo Javelin (300g 12 and under, 600g 13–15)

**10:30 am Running Events:** Begin at 10:30 am or at the completion of field events, whichever comes first.

**Athletes should leave field event and report to running event when called.** Return to field event within 10 minutes of completing running event to complete attempts.

**(Rolling Schedule)**

**3200m Run (Co-ed, 9+)**

**80 meter hurdle shuttle relay** (all ages)

Mixed age groups. 30" hurdles and 24" hurdles will be in alternating lanes, so leg one, runners 11+ (over 30" hurdles), leg 2 runners U8–10 (over 24" hurdles in the opposite direction) leg three, runners 11+ (over 30" hurdles), leg 4 2 runners U8–10 in opposite direction.

**400m** (all ages)

**Sprint Medley** (100, 100, 200, 400) (all ages)

**4x800m** (all ages)

**100m** (all ages)

**1600m** (all ages)

**4x200m** (all ages)

Contact Rachel Hopkins at  
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for more information.