

2010
Jewell Relays
Larry Hamilton High School Division

- Date:** Friday, April 23, 2010
- Venue:** Garnett M. Peters III Track & Field
William Jewell College
500 College Hill – Liberty, MO – 64068
- Time:** Field Events Begin at 1:00pm
Running Events Begin at 2:00pm
- Entries:** Entries can be submitted online at <http://www.aspimeetz.com/12733>.
Entries will open on 4/12/10 at 6:00am and close 4/21/10 at 7:00pm.
Final declarations must be made before the entry closing date and time.
Please enter marks that you feel your athlete is capable of obtaining the day of the meet.
Limit four (4) entries per individual event and two (2) relays per team.
- Entry Fee:** \$125.00 per men's team and \$125.00 per women's team; \$250.00 for both.
Please make checks payable to William Jewell Track & Field
- Awards:** Medals will be awarded to the top three finishers in each event.
Team scoring will be kept in separate large school and small school sections, with plaques awarded to the top 3 teams in each section.
- Spikes:** Only 1/4" pyramid spikes will be permitted. Athletes with longer spikes will be disqualified.
- Dressing Facilities:** Dressing and shower facilities will be available in the Mabee Center located to the north of the track. Towels will not be provided and WJC cannot be held responsible for lost or stolen items.
- Trainers:** Athletic trainers under the direction of WJC Head Trainer, Jeff Snow, will be on site during the meet.
- Parking:** Cars/Vans may park in the lot on the south side of the track or in the Mabee Center parking lots.
Buses MUST park in the lot to the north of the Mabee Center.
- Admission:** \$5.00/adult; \$2.00/senior citizen; \$2.00/student.
- Concessions:** Concessions will be available during the meet.
- Contact:** Tom Eisenhauer
Head Coach
(816)415-5292
eisenhauer@william.jewell.edu

Tentative Schedule of Events

Field Events

1:00	Pole Vault*	GIRLS (BOYS TO FOLLOW)	5 ALIVE
	High Jump*	BOYS (GIRLS TO FOLLOW)	5 ALIVE
	Long Jump**	GIRLS ON WEST PIT	4 JUMPS; NO FINALS
	Long Jump**	BOYS ON EAST PIT	4 JUMPS; NO FINALS
	Shot Put	BOYS (GIRLS TO FOLLOW)	
	Discus	GIRLS (BOYS TO FOLLOW)	
2:30	Triple Jump**	BOYS ON WEST PIT	4 JUMPS; NO FINALS
	Triple Jump**	GIRLS ON EAST PIT	4 JUMPS; NO FINALS

* The Pole Vault and the High Jump will be run **5 Alive**.

** There will be no finals in the Long Jump or the Triple Jump. Competitors will each receive **4 Jumps**.

All competitors in the field events will report and check-in at the competition site. Scratches and substitutions may be made at the event site 15 minutes before the event starts. Additions will not be made.

Track Events

1:30 SCRATCH MEETING HELD AT SHED
All scratches and substitutions must be done at this time; NO ADDITIONS will be accepted.
All events are finals. Fastest heat will run last.

1:55 OPENING INVOCATION/NATIONAL ANTHEM

2:00	4x800m Relay	GIRLS
	4x800m Relay	BOYS
	100m Hurdles	GIRLS
	110m Hurdles	BOYS
	100m Dash	GIRLS
	100m Dash	BOYS
	4x200m Relay	GIRLS
	4x200m Relay	BOYS
	1600m Run	GIRLS
	1600m Run	BOYS
	4x100m Relay	GIRLS
	4x100m Relay	BOYS
	400m Dash	GIRLS
	400m Dash	BOYS
	300m Hurdles	GIRLS
	300m Hurdles	BOYS
	800m Run	GIRLS
	800m Run	BOYS
	200m Dash	GIRLS
	200m Dash	BOYS
	3200m Run	GIRLS
	3200m Run	BOYS
	4x400m Relay	GIRLS
	4x400m Relay	BOYS

*This is a tentative schedule and is subject to the number of entries. Preliminary heats and finals may be added if necessary to accommodate a large number of entries. A final schedule of events will be distributed on 4/22. The meet will operate on a rolling schedule so all athletes and coaches should pay close attention to all event calls and to the running order of events. If the meet gets ahead of schedule it will remain ahead of schedule.

Directions:

From the Northwest:

Take I-29 South toward Kansas City. Merge onto I-435 East via Exit 14 (toward St. Louis) and travel approximately 15 miles. Exit onto MO-152 East via Exit 49B. Travel east through Liberty (MO-152 becomes Kansas Ave. in town). After passing through the town square (approximately 1 mile after exiting I-35), turn right on Lightburne St. and drive one block to Mill Street. Turn left on Mill St. and drive 1/4 mile to R.E. Bowles Dr. Turn left into the campus entrance.

From the Northeast:

Take I-35 South toward Kansas City. Exit onto MO-152 East via Exit 16. Travel east through Liberty (MO-152 becomes Kansas Ave. in town). After passing through the town square (approximately 1 mile after exiting I-35), turn right on Lightburne St. and drive one block to Mill Street. Turn left on Mill St. and drive 1/4 mile to R.E. Bowles Dr. Turn left into the campus entrance.

From the South:

Take US-71 North toward Kansas City. Merge onto I-435 North via Exit 8B (toward Kansas City/Des Moines). Stay on I-435 for 11 miles and then merge onto I-35 North via Exit 52B (toward Des Moines). Drive 4 miles and exit onto MO-152 East via Exit 16. Travel east through Liberty (MO-152 becomes Kansas Ave. in town). After passing through the town square (approximately 1 mile after exiting I-35), turn right on Lightburne St. and drive one block to Mill St. Turn left on Mill St. and drive 1/4 mile to R.E. Bowles Dr. Turn left into the campus entrance.

From the East:

Take I-70 West toward Kansas City. Merge onto Highway 291 North toward Liberty. Travel 14 miles and exit onto Highway 33/Lightburne. Go 1/2 mile on Lightburne to the intersection of Lightburne and Mill in Liberty. Turn right onto Mill and drive 1/4 mile to R.E. Bowles Dr. Turn left into the campus entrance.

From the West:

Take I-70 East toward Kansas City (portions will be toll). Merge onto I-635 North via Exit 418B and travel 8 miles. Merge onto I-29 South via Exit 12B (toward I-35). Drive 4 miles and merge onto I-35 North via Exit 1B (toward Des Moines). Go 8 miles and exit onto MO-152 East via Exit 16. Travel east through Liberty (MO-152 becomes Kansas Ave. in town). After passing through the town square (approximately 1 mile after exiting I-35), turn right on Lightburne St. and go one block to Mill St. Turn left on Mill St. and drive 1/4 mile to R.E. Bowles Dr. Turn left into the campus entrance.



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