

2023 BREA RELAYS

Dear Coaches,

I would like to invite you and your team to participate in the Brea Relays on Saturday, February 25th at Brea Olinda High School. The meet is CIF sanctioned and is a great early season meet to get both individual and relay marks. The format will be the same as the previous Brea Rotary Relays with both individual races as well as relays. Field events will be scored as relays as well (three athletes per team).

1 entry per school except for where noted and distance relays. Schools can enter non-scoring B teams for distance relays.

INDIVIDUAL RACES

100 LH (Girls) *3 entries
110HH (BOYS)*3 entries
100
400
1600 *2 entries

RUNNING RELAYS

4 X 100
4 X 200
4 X 400
4 X 800
SPRINT MEDLEY (1-1-2-4)
THROWERS 4 X 100
DISTANCE MEDLEY
COACHES MEDLEY

FIELD RELAYS

LONG JUMP
HIGH JUMP
TRIPLE JUMP
SHOT PUT
DISCUS

DATE/TIME: Saturday, February 26, 2022 8:00am-4:00pm

DIVISIONS: Boys and Girls Varsity and Frosh/Soph

AWARDS: Top 5 individual/relays per event. Top 2 overall teams.

FEES: \$150 per division (\$500 max if fielding all 4 divisions)

SPIKES: 3/16

ENTRY: Entries will be made on [Ca.Mileplit.com](https://www.mileplit.com). Seeding of all races will be random.

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Schedule below

Brea Relays Time Schedule (we will run ahead if possible). **Schedule is based on 24 teams and 3 heats for lane races).**

RUNNING EVENTS

Order: GFS/BFS/GV/BV (except for hurdles)

8:20am	100/110 Hurdles
8:50am	400m
9:30am	100m
10:00am	1600m
10:40am	4 x 200m relay
11:20	4 x 100m Throwers Relay (must compete in one of the throwing events)
11:40	4 x 100m Relay
	Coaches Relay
12:30pm	Distance Medley
1:30pm	Sprint Medley (1-1-2-4)
2:50pm	4 x 800 Relay
3:40pm	4 x 400 Relay

FIELD EVENTS (3 athletes per event)

LONG JUMP

8:00am -10:00am	Boys Frosh/Soph
10am-12:00	Boys Varsity
12:00-2:00pm	Girls Varsity
2:00pm-4:00pm	Girls Frosh/Soph

DISCUS

8:00am-10:00am	Girls F/S
10:00am-12:00	Girls Varsity
12:00-2:00pm	Boys F/S
2:00pm-4:00pm	Boys Varsity

TRIPLE JUMP

8:00am-10:00am	Girls Varsity
10:00am-12:00	Girls Frosh/Soph
12:00-2:00pm	Boys Varsity
2:00pm-4:00pm	Boys Frosh/Soph

SHOT PUT

8:00am-10:00am	Boys Varsity
10:00am-12:00	Boys F/S
12:00-2:00pm	Girls Varsity
2:00pm-4:00pm	Girls F/S

HIGH JUMP

8:00am-10:00am	Girls Frosh/Soph
10:00am-12:00	Girls Varsity
12:00-2:00pm	Boys Frosh/Soph
2:00pm-4:00pm	Boys Varsity