

2015 Colonial Relays

April 2-4, 2015

Team Packets

There will be **no Team packets**. All information will be email out and/or posted on Internet. If you are not receiving emails please email stwalsh@wm.edu to join.

Entry Fee

- 1. College:**
 - a. \$450 per men's team/\$450 per women's team (\$900 for both)
 - b. \$25 per individual entry if under fourteen (14) entries per gender.
 - c. **No Cash or Personal Checks accepted from Colleges.** (You will be billed if necessary)
- 2. High School:**
 - a. \$15 per individual entries, \$25 per relay max per team \$150
- 3. Unattached**
 - a. \$25 per individual per event
 - b. Must email stwalsh@wm.edu for permission to compete (Not all entries are guaranteed)

Fee Collection

Please send in checks in advance if possible. We will billing all College teams. Otherwise *Thursday 2-4 pm and Friday 9-11am* we will have a representative from William and Mary collecting fees.

Please go to the clerk's tent to pay fees.

(Unattached athletes should have paid via DirectAthletics)

(High School are allowed to pay with check at meet or we will bill your HS after meet.)

Stimson Throwing Area

All throwing events (hammer, shot put, javelin, and discus) will be contested at Stimson Throwing Event Area located off of Dillard Street.

Zable Stadium Clerk Tent

Green and Yellow Tent located near the "Harry Groves 1500m Starting Line" at the gates of the Laycock Football Building

Check-in for Track events

1. Please check in **At Least 1 hour prior** to the scheduled start of your event at the Clerk Tent
2. **If not checked-in, athletes will be scratched...you can check in any time prior to 1 hour**
3. Heats will be made after check in period ends
4. Return to the clerking tent **NO LATER THAN 20 minutes prior** to your event to receive your heat and lane assignment
5. Hip numbers will be given out 20 minutes prior to race and will be worn on left hip (and left chest if instructed)
6. The fastest sections will run first...women's events followed by men.

Check-in for Field events

1. Please check in **1 hour prior** to the scheduled start of your event at the event
2. **If not checked-in, athlete will be scratched.**
3. All flights will be best to worst (With a 14 athlete Championships field)
4. 9 Athletes will make finals from Championship Events
5. Non-championship events will get three attempts only
6. For the Pole Vault and High Jump we will have two pits going at once.

Hip Numbers

1. Athletes will pick-up their hip numbers 20 minutes prior to their event at the Clerking Tent
2. Will be worn on left hip (and left chest if instructed)
3. Bib numbers will not be used...only hip numbers.
4. **Please instruct you athletes to throw trash in trash cans...**

Equipment:

1. There will be 30-40 hurdles on the infield that can be used for practice. **Please instruct your athletes not to take the hurdle off the track that will be used for the races**
2. Starting Blocks will be provided. Do not remove starting block from starting line
3. ¼" spikes on all rubberized surfaces
4. Relay Batons will not be provided

Scratches

Please forward scratches to Stephen Walsh (stwalsh@wm.edu) by **Thursday April 2nd @ 10:00am.**

Awards

Winners of championship relays for College and High School will receive A Relay Batons.
Individual High School event winners will receive a New Balance Colonial Relays Cap.
No awards for Individual College Events
Overall Winner of Meet will receive a plaque.
Coaches or athletes are responsible for picking up awards at the Clerk's Tent.

Implement Weigh-In

Will take place at Stimson Throwing Fields at small tent located closes to Dillard St.

Implements will NOT be impounded!

1. Thursday at 2:30 pm – 4 pm
2. Friday at 7 am – 11 am
3. Saturday at 8 am – 12 am

Starting Height

See attachment

Triple Jump Board

We will only be using a 30' Board for Women and 40' Board for Men.

100m and 100/110 Hurdle

The eight (8) fast times from Friday's trials will qualify for Saturday final.

Coaches Box Locations

High Jump - North end zone of the Football Field.

Pole Vault - South end zone of the Football Field.

Long and Triple Jump

Sadler Pit - in the parking lot behind the fence

Center Pit - in the stands adjacent to center pit

Results

Live results will be updated at <http://www.halfmiletiming.com/>

Visit www.Tribeathletics.com for all information and post meet recaps.

Team Areas/Tent Setup

We ask that teams setup on the west side of the stadium. Please keep east side of the stand for spectators. Tent can be setup in the stadium as long as they don't block the view of the track. If inclement weather approaches please remove tents.

Athletic Trainer

A temporary athletic training area will be available across from the scoreboard, parking lot side of the stadium.

Certified Athletic Trainers will be available throughout event times. If an athletic trainer will not accompany your team, please call our training room (see below) or bring written instructions for treatment and taping. The following equipment will be available for your use at the track:

- Injury Ice
- Water/ Cups
- Modalities
- First Aid Supplies
- Biohazard Materials

Important Phone Numbers:

Athletic Training Room (757) 221-3407 (main office)
Sentara Williamsburg Regional Hospital (757) 984-7150 (emergency room)
(757) 984-6000 (information)

Email: Renee Cork, Assistant AD for Sports Medicine racork@wm.edu

Parking

This year parking for the Relays will be closely monitored by the police. All cars and vans must be parked in the lot adjacent to William and Mary Hall. Any vehicles not parked in the designated areas will be ticketed and/or towed by the police. All buses should be parked on Brooks St.

Please instruct your bus driver not to bring the bus up stadium drive in front of the stadium. Have the bus turn onto Alumni drive off of Richmond Rd and you can **drop off** your athletes at the Randolph Gates.

All buses should then park on Brooks Street next to the Hall Lot located by the Stimson Throwing Field.

<http://www.wm.edu/about/visiting/campusmap/index.php>

Directions

http://www.tribeathletics.com/ViewArticle.dbml?DB_OEM_ID=25100&ATCLID=205060724

Zable Stadium – 100 Stadium Drive Williamsburg, VA 23185

From The North/West: Take I-64 East to Lightfoot Exit 234 (Route 199 East). At top of exit ramp, take a right onto Route 199 East. Stay on 199 East until Monticello Avenue exit. Exit at Monticello Avenue, bear left on exit ramp. At bottom of ramp, turn left at light onto Monticello (pass under 199). Continue on Monticello through five stoplights. At the sixth light, turn right onto Richmond Road. Continue on Richmond Road until the first stop light. Take a right at the light into the Zable parking lot.

From the South/East: Take I-64 West to Exit 242A (Route 199 West). Follow 199 to fourth light. Take a right onto Jamestown Road. Follow Jamestown Road approximately two miles until reaching a 4-way intersection. Turn to the extreme left onto Richmond Road. Continue on Richmond Road until the first stoplight. Take a left into the Zable parking lot.

Stimson Throwing Field

From Zable Stadium – College Terrace/Alumni Drive past St. Bede Church. Left onto Harrison Ave

