**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** **RUNNING RELAYS** **FIELD RELAYS**

100 LH (Girls) \*3 entries 4 X 100 LONG JUMP

110HH (BOYS) \*3 entries 4 X 200 HIGH JUMP

100 4 X 400 TRIPLE JUMP

400 4 X 800 SHOT PUT

1600 \*2 entries SPRINT MEDLEY (1-1-2-4) DISCUS

 THROWERS 4 X 100

 DISTANCE MEDLEY

 COACHES MEDLEY

**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](http://www.finishedresults.com). Seeding of all races will be random.

Dreux Valenti

Head Coach, Brea Olinda Track and Field

(714)292-6915

dvalenti@bousd.us

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 DISCUS

8:00am -10:00am Boys Frosh/Soph 8:00am-10:00am Girls F/S

10am-12:00 Boys Varsity 10:00am-12:00 Girls Varsity

12:00-2:00pm Girls Varsity 12:00-2:00pm Boys F/S

2:00pm-4:00pm Girls Frosh/Soph 2:00pm-4:00pm Boys Varsity

TRIPLE JUMP

8:00am-10:00am Girls Varsity SHOT PUT

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

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

2:00pm-4:00pm Boys Frosh/Soph 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