

A. Purpose of Coed Relays

1. Primary objective is increased opportunities for average-skill individuals to win ribbons, as members of event-teams; no “individual vs. individual” events.
2. Secondary objective is to maintain some opportunity for better-skilled participants to retain competitive edge in distances and/or field events to be contested at Qualifying and Championship Meets.

B. Officiating & Hosting of Meet

1. Omit School-Team Scoring and School-Team Awards: Reduces paperwork, expense & time-length of meet (easy-to-officiate).
2. Keep emphasis on average-skill individuals; eliminate any possible focus on school points & trophies.

C. Eligible Participants

1. Schools may enter one team of multiple athletes in each event.
2. It is recommended that schools limit their individual contestants to five-event maximum.

D. Unique “Event-Team” Lineup

1. Running - all races are relays
 - a. Boy-Girl relay 2 Boys & 2 Girls, from same grade.
 - b. Combined grade relay = 1 each from grades 5,6,7,8. Girls and Boys compete in separate races.
2. Field Events
 - a. Individual contestants shall not compete in same field event in more than one grade (level).
 - b. High Jump = 2 Girls & 2 Boys, same grade level.
 - c. All other field events = 4 Girls & 4 Boys, same grade level.
 - d. Scoring: Place-winners, for each grade level: Combine sum of best individual effort of best 2 boys and best 2 girls (each event-team).
 - e. Long Jump, Triple Jump (Hop-Step-Jump), Shot Put, Discus, Javelin: Each participant allowed maximum of 2 practice jumps or throws and two (2) measured tries. At the discretion of the event’s Head Judge, practice jumps or throws may be limited to one(1) per participant.

E. Award Ribbons

1. All events - Ribbons to four (4) places. Colors: First = Blue; 2nd = Red; 3rd = Yellow; 4th = White
2. Ribbons to all members of event-team: Running= 4 - Field= 8 (except High Jump= 4).

F. Combined Grade Relays

1. Instruct and escort both levels simultaneously.
2. Relay judges (exchange zones) must have copy of Lane Assignments & Event Procedure.

G. High Jump

1. Starting Height
 - a. Different starting height for girls and boys.
2. Girls and boys competing at same time.
 - a. Girls simply start jumping at lower heights.
 - b. Once jumping proceeds to boys' starting height, both are jumping at any given height.
3. Maximum of 2 official jumps at each height (and 2 practice jumps) for each participant.
4. When only one boy-jumper and/or one girl-jumper remains, he or she is allowed to continue competing at increased heights, until his or her team's composite sum height is the best.
5. Passing at lower heights is encouraged as it saves jumper energy and speeds the event.

H. Schedule

Co-Ed Relays are traditionally scheduled to occur on Week 3 before Divisional (Week 4) and Championship (Week 5), as long as the Illinois Science Fair does not fall on Divisional Meet weekend. If the Science Fair is held on Divisional weekend, the Co-Ed and Divisional Meet dates will be switched. The Co-Ed meet will be held on Week 4 and Divisional Meet on Week 3.

MORNING SESSION 1: Coaches Meeting at 8:00 am.
All field events start at 8:15 am.
Running Events start at 8:30 am.

FIELD EVENTS – Grade 6

Event	SEQ	Special Instructions
LONG JUMP	6	Each school allowed 4 Boys and 4 Girls.
TRIPLE JUMP (Hop, Step, Jump)	6	Each school allowed 4 Boys and 4 Girls.
SHOT PUT (6 lbs)	6	Each school allowed 4 Boys and 4 Girls.
HIGH JUMP	6	Each school allowed 2 Boys and 2 Girls.
JAVELIN	6	Each school allowed 4 Boys and 4 Girls.

BOY-GIRL RELAYS – Grade 5

Relay Leg: 1=100m; 2=200m; 4=400m; 6=600m; 8=800m

Event	Sequence	Special Instructions
Warm-Up Medley	1-1-2-4 g-b-g-b	Race starts at normal finish line. Use normal 2-curve staggered start. First 3 runners stay in lane. #4 runner cuts in after receiving baton.
1200M Medley	2-2-2-6 b-g-b-g	Race starts at normal finish line. Use 4-curve staggered start. First 3 runners stay in lane. #4 runner cuts in after his/her first curve.
400M Relay (Major)	1-1-1-1 g-b-g-b	Race starts at normal finish line. Use normal 2-curve staggered start. ALL runners stay in lane full race.
400M Relay (Minor)	1-1-1-1 g-b-g-b	Race starts at normal finish line. Use normal 2-curve staggered start. ALL runners stay in lane full race.
800M Medley	1-1-2-4 b-g-b-g	Race starts at normal finish line. Use normal 2-curve staggered start. First 3 runners stay in lane. #4 runner cuts in after receiving baton.
800M Relay	2-2-2-2 g-b-g-b	Race starts at normal finish line. Use 4-curve staggered start. ALL runners stay in lane full race.
1600M Relay	4-4-4-4 b-g-b-g	Race starts at normal finish line. First runner stays in lane. #2 runner cuts in after receiving baton. #3 and #4 runners slide in to meet incoming runner.

MORNING SESSION 2: Starts immediately following completion of Morning Session 1.

FIELD EVENTS – Grade 5

Event	SEQ	Special Instructions
LONG JUMP	5	Each school allowed 4 Boys and 4 Girls.
TRIPLE JUMP (Hop, Step, Jump)	5	Each school allowed 4 Boys and 4 Girls.
SHOT PUT (6 lbs)	5	Each school allowed 4 Boys and 4 Girls.
HIGH JUMP	5	Each school allowed 2 Boys and 2 Girls.
JAVELIN	5	Each school allowed 4 Boys and 4 Girls.

BOY-GIRL RELAYS – Grade 6

Relay Leg: 1=100m; 2=200m; 4=400m; 6=600m; 8=800m

Event	Sequence	Special Instructions
Warm-Up Medley	1-1-2-4 b-g-b-g	Race starts at normal finish line. Use normal 2-curve staggered start. First 3 runners stay in lane. #4 runner cuts in after receiving baton.
1200M Medley	2-2-2-6 g-b-g-b	Race starts at normal finish line. Use 4-curve staggered start. First 3 runners stay in lane. #4 runner cuts in after his/her first curve.
400M Relay (Major)	1-1-1-1 b-g-b-g	Race starts at normal finish line. Use normal 2-curve staggered start. ALL runners stay in lane full race.
400M Relay (Minor)	1-1-1-1 b-g-b-g	Race starts at normal finish line. Use normal 2-curve staggered start. ALL runners stay in lane full race.
800M Medley	1-1-2-4 g-b-g-b	Race starts at normal finish line. Use normal 2-curve staggered start. First 3 runners stay in lane. #4 runner cuts in after receiving baton.
800M Relay	2-2-2-2 b-g-b-g	Race starts at normal finish line. Use 4-curve staggered start. ALL runners stay in lane full race.
1600M Relay	4-4-4-4 g-b-g-b	Race starts at normal finish line. First runner stays in lane. #2 runner cuts in after receiving baton. #3 and #4 runners slide in to meet incoming runner.

MORNING SESSION 3: Starts immediately following completion of Morning Session 2,
but not before 11:00 am.

COMBINED GRADE RELAYS

Runner Sequence: Always Gr.5, Gr.6, Gr.7, Gr. 8

Race Sequence: Girls race first, then boys.

Relay Leg: 1=100m; 2=200m; 4=400m; 6=600m; 8=800m

Event	Sequence	Special Instructions
1200M Medley GIRLS BOYS	2-2-4-4	Race starts at normal finish line. Use normal 2-curve staggered start. #1 & #2 runners stay in lane. #3 runner cuts in after receiving baton. #4 runner slides in to meet incoming runner.
800M Relay GIRLS BOYS	2-2-2-2	Race starts at normal finish line. Use 4-curve staggered start. ALL runners stay in lane full race.
400M Relay GIRLS BOYS	1-1-1-1	Race starts at normal finish line. Use normal 2-curve staggered start. ALL runners stay in lane full race.
1600M Relay GIRLS BOYS	4-4-4-4	Race starts at normal finish line. First runner stays in lane. #2 runner cuts in after receiving baton. #3 and #4 runners slide in to meet incoming runner.
800M Medley GIRLS BOYS	1-1-2-4	Race starts at normal finish line. Use normal 2-curve staggered start. First 3 runners stay in lane. #4 runner cuts in after receiving baton.
2000M Medley GIRLS BOYS	2-6-4-8	Race starts at normal finish line. Use normal 2-curve staggered start. First runner stays in lane. #2 runner cuts in after his/her first curve. #3 and #4 runners slide in to meet incoming runner.

AFTERNOON SESSION 1: Starts immediately following Morning Session 3,
but not before 12:00 pm.

FIELD EVENTS – Grade 7

Event	SEQ	Special Instructions
LONG JUMP	7	Each school allowed 4 Boys and 4 Girls.
TRIPLE JUMP (Hop, Step, Jump)	7	Each school allowed 4 Boys and 4 Girls.
SHOT PUT (6 lbs)	7	Each school allowed 4 Boys and 4 Girls.
HIGH JUMP	7	Each school allowed 2 Boys and 2 Girls.
DISCUS	7	Each school allowed 4 Boys and 4 Girls.

BOY-GIRL RELAYS – Grade 8

Relay Leg: 1=100m; 2=200m; 4=400m; 6=600m; 8=800m

Event	Sequence	Special Instructions
Warm-Up Medley	1-1-2-4 b-g-b-g	Race starts at normal finish line. Use normal 2-curve staggered start. First 3 runners stay in lane. #4 runner cuts in after receiving baton.
1200M Medley	2-1-1-8 g-b-g-b	Race starts at normal finish line. Use 4-curve staggered start. First 3 runners stay in lane. #4 runner cuts in after his/her first curve.
400M Relay (Major)	1-1-1-1 b-g-b-g	Race starts at normal finish line. Use normal 2-curve staggered start. ALL runners stay in lane full race.
400M Relay (Minor)	1-1-1-1 b-g-b-g	Race starts at normal finish line. Use normal 2-curve staggered start. ALL runners stay in lane full race.
800M Medley	1-1-2-4 g-b-g-b	Race starts at normal finish line. Use normal 2-curve staggered start. First 3 runners stay in lane. #4 runner cuts in after receiving baton.
800M Relay	2-2-2-2 b-g-b-g	Race starts at normal finish line. Use 4-curve staggered start. ALL runners stay in lane full race.
1600M Relay	4-4-4-4 g-b-g-b	Race starts at normal finish line. First runner stays in lane. #2 runner cuts in after receiving baton. #3 and #4 runners slide in to meet incoming runner.

AFTERNOON SESSION 2: Starts immediately following Afternoon Session 1.

FIELD EVENTS – Grade 8

Event	SEQ	Special Instructions
LONG JUMP	8	Each school allowed 4 Boys and 4 Girls.
TRIPLE JUMP (Hop, Step, Jump)	8	Each school allowed 4 Boys and 4 Girls.
SHOT PUT (6 lbs)	8	Each school allowed 4 Boys and 4 Girls.
HIGH JUMP	8	Each school allowed 2 Boys and 2 Girls.
DISCUS	8	Each school allowed 4 Boys and 4 Girls.

BOY-GIRL RELAYS – Grade 7

Relay Leg: 1=100m; 2=200m; 4=400m; 6=600m; 8=800m

Event	Sequence	Special Instructions
Warm-Up Medley	1-1-2-4 g-b-g-b	Race starts at normal finish line. Use normal 2-curve staggered start. First 3 runners stay in lane. #4 runner cuts in after receiving baton.
1200M Medley	2-1-1-8 b-g-b-g	Race starts at normal finish line. Use 4-curve staggered start. First 3 runners stay in lane. #4 runner cuts in after his/her first curve.
400M Relay (Major)	1-1-1-1 g-b-g-b	Race starts at normal finish line. Use normal 2-curve staggered start. ALL runners stay in lane full race.
400M Relay (Minor)	1-1-1-1 g-b-g-b	Race starts at normal finish line. Use normal 2-curve staggered start. ALL runners stay in lane full race.
800M Medley	1-1-2-4 b-g-b-g	Race starts at normal finish line. Use normal 2-curve staggered start. First 3 runners stay in lane. #4 runner cuts in after receiving baton.
800M Relay	2-2-2-2 g-b-g-b	Race starts at normal finish line. Use 4-curve staggered start. ALL runners stay in lane full race.
1600M Relay	4-4-4-4 b-g-b-g	Race starts at normal finish line. First runner stays in lane. #2 runner cuts in after receiving baton. #3 and #4 runners slide in to meet incoming runner.

Revision History

Date	Change
-------------	---------------