

6th Annual Knoch Track & Field Relays

Date: Saturday April 6, 2019

From: Wess Brahler, Head Track & Field Coach Knoch High School

Dear Head Track & Field Coach / Athletic Director,

This is to inform you that we are now planning the 6th Annual Knoch Track & Field Invitational Relays which will be held on Saturday, April 6, 2019. All information regarding this meet can be found on the following pages.

The Coaches' Meeting will begin at 9:30 am. The meet will start at 10:00 am.

Attached is a copy of the "Initial Reply Form." Please return this form by **March 1, 2019**. This form can be mailed, e-mail attachment or faxed.

The entry fee is \$125.00 per team or \$200.00 for both men's and women's teams.

PLEASE MAKE CHECKS PAYABLE TO: **"The Knoch Track & Field Booster Association"**

Please mail all replies and entry fees to:

Wess Brahler
Knoch Middle School
754 Dinnerbell Road
Saxonburg, PA 16056

e-mail: brahlerw@southbutler.net
or fax to: 724-352-3820

The format of this year's relay event is enclosed.

Best wishes and good luck to you and your teams for a successful season. Thank You!

Knoch High School Coaching Staff

Knoch Relays General Information

- Coaches meeting 9:30 am at the start/finish line (band pavilion).
- This meet will be hand timed.
- Please wear 3/16 spikes for the track. The shot and discus pads are concrete. The javelin runways are grass and spikes will be needed.
- The bull pen will be located at the end of the track by the concession stand.
- We need two volunteers from each school. They need to be coaches on staff to help work the field events. We cannot run this meet without help from all schools.
- The HS Gym will be open only if there is inclement weather.
- Restrooms are located at the track in the concession stand.
- The concession stand will be open during the event.
- T-shirts will be sold on a first come, first serve basis.
- The trainer's tent will be located near the finish-line area of the track facility.
- All awards will be given to the coach at the conclusion of the meet. We will award a team and runner-up trophy.
- Any coach, athlete or spectator not competing or officiating must be off the field or track area and will be subject to disqualification or removal from the stadium if not following this rule.
- Girls' events will precede the boys' events on the track.
- Athletes need to come dressed and must wear school issued uniforms.
- Please clean up your team area in the bleachers.
- Starting blocks will be provided – you will need to bring chalk and batons.
- Field events (4) attempts per athletes. All marks will be rounded to the nearest ½ inch for adding. The best jump or throw for each athlete will count to obtain the relay's team score.
- Shuttle hurdles: second, third and fourth runner will take off from blocks as soon as the previous runner touches the finish line. Judges will be used to observe this procedure.

6th ANNUAL KNOCH RELAYS

Powered by UPMC Sports Medicine

SATURDAY, APRIL 6

TEAM FAX CONFIRMATION SHEET

FAX THIS SHEET TO: WESS BRAHLER

@ 724-352-3820

TEAM NAME: _____

PLEASE CHECK –

BOYS TEAM: _____

GIRLS TEAM: _____

VOLUNTEER NAME: _____

VOLUNTEER NAME: _____

EVENT PREFERENCES:	LONG JUMP	TRIPLE JUMP
	HIGH JUMP	POLE VAULT
	SHOT	DISCUS
	JAVELIN	RELAY EXCHANGE

QUESTIONS OR CONCERNS:

MEET DIRECTOR - WESS BRAHLER

(412) 603-1999 CELL OR EMAIL brahlerw@southbutler.net

(724) 452-6884 HOME OR EMAIL ap2426@zoominternet.net

Registration Form for the Knoch Relays March 1

Name of School: _____

Head Boy's Coach: _____

Contact Information (cell number and email): Cell Number: _____

Email: _____

Head Girl's Coach: _____

Contact Information (cell number and email): Cell Number: _____

Email: _____

Athletic Director: _____

We plan to bring the following:

	Check one	Fee
Boys Team	_____	\$125.00 per team
Girls Team	_____	\$125.00 per team
Both Teams	_____	\$200.00 total per school

Checks need to be payable to the Knoch Track & Field Booster Association

- Please return the entry form no later than March 1 by mail or fax to:

Meet Director: Wess Brahler
Knoch Middle School
754 Dinnerbell Road
Saxonburg, PA 16056
Phone: (724) 352-1700 ext: 3216
Fax: (724) 352-3820
Cell: (412) 603-1999
Email: brahlerw@southbutler.net

In consideration of accepting this entry, you hereby absolve South Butler School District. The Meet Directors, their agents and heirs of all responsibility for any injuries that may occur at the Knoch Relays Annual Track & Field Invite.

KNOCH RELAY EVENTS

TRACK EVENTS:

3200 METER RELAY	(4 x 800)
SHUTTLE HURDLES	(4 x 100) / (4 x 110)
SWEDISH RELAY	(100 – 200 – 300 – 400)
MILE RUN	
400 METER RELAY	(4 x 100)
SPRINT MEDLEY RELAY	(200 - 200 - 400 – 800)
300 HURDLES	
800 MEDLEY RELAY	(200 – 200 – 200 – 200)
DISTANCE MEDLEY RELAY	(1200 – 400 - 800 – 1600)
1600 METER RELAY	(4 x 400)

(4 ATHLETES PER EVENT)

FIELD EVENTS:

THROWS:	JAVELIN	JUMPS:	POLE VAULT
	SHOT		HIGH JUMP
	DISCUS		LONG JUMP
			TRIPLE JUMP

(3 ATHLETES PER EVENT)