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KANSAS RELAYS | APRIL 18-20, 2024 | ROCK CHALK PARK | LAWRENCE, KAN.

IMPORTANT DATES

Please read this information carefully, for there have been changes in entry and declaration procedures from past years. Here are the important dates to put on your calendar as the event draws near.

Wednesday, March 20	Online Entry Process Opens at www.directathletics.com 8:00 a.m. Central Time
Friday, April 12	Online Entry Process Closes 11:59 p.m. Central Time
Sunday, April 14	Scratches only. All entries are assumed declared if not scratched. 9:00 a.m. – 6:00 p.m.
Monday, April 15	Final accepted entry list posted 6:30 p.m. Central Time
Thursday, April 18	College Pole Vault unseeded College Hammer College Open Distance Festival
Friday, April 19	Day 2 – High School Events Begin Collegiate Events
Saturday, April 20	Day 3 – Finals

COLLEGE DISTANCE CARNIVAL

In an effort to achieve complete fields in the Distance Carnival races on Thursday evening, we will modify our entry process.

- The number of accepted entries have increased for most Distance Carnival races to provide more opportunity for distance runners.
- Athletes that are entered in more than one Distance Carnival event will automatically be placed in the event that the athlete is best seeded amongst the event fields. This is to reduce the amount of scratches after entering and to increase the probability of complete fields. (This only applies to athletes competing in the Distance Carnival on Thursday evening, not athletes competing in the seeded events.)

CONTACTING THE KANSAS RELAYS

You may contact the Kansas Relays via Tim Byers, timbyers@ku.edu any time before or during the event. Please include all pertinent details, contact name, and return phone number and a meet official will contact you as soon as possible. Our web page is www.kansasrelays.com.

PUBLIC ADMISSION

Rock Chalk Park is located on George Williams Way. The track and field stadium will seat approximately 6,100 spectators. Kansas Athletics' clear-bag policy will be in effect for spectators at Rock Chalk Park for the Kansas Relays. For more information on the policy, visit: <https://kuathletics.com/clear-bag-policy/>.

Walk-up Ticket Pricing:

East stands:

- Section B – Reserved Seatback - \$15.00/day, \$22.00 two days
- Sections A, C, D, E, F, G, H, J, K – General Admission Adult \$10.00/day, \$15.00 two days
Youth \$5.00/day, \$8.00 two days

West stands:

- General Admission Adult \$10.00/day, \$15.00 two days
Youth \$5.00/day, \$8.00 two days

The ticket offices at Rock Chalk Park open one hour prior to the start of the first event each day. Children under the age of five, KU students, and military personnel are free. Contact the Kansas Athletics ticket office at <http://kuathletics.collegesports.com/tickets/kan-tickets.html> or 800-34-HAWKS (4-2957) to purchase tickets.

TEAM SEATING

The west stands will be open for coaches and athletes. Coaches must have a wristband to enter the track facility. Athletes must have a bib to enter the track facility. Any person wanting to sit in the east stands must purchase a ticket.



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COACHES INFORMATION

TEAM PACKETS

Packet pickup will be located at Rock Chalk Park on the lower level. Coaches may enter through the doorway located on the southeastern corner of the lower level. Signs will be posted. Packets will be available starting Thursday, April 18, from 9 a.m.-7 p.m.; Friday, April 19, from 7 a.m.-7 p.m.; and Saturday, April 20, from 7-9:30 a.m.

TEAM ENTRY FEE

Teams will only pay for athletes who gain entry into the meet, including alternates entered. Entry fees must be paid before or at the time of packet pickup. Entry fees are non-refundable and non-transferable. PLEASE NOTE: Relay alternates count towards your entry total. In short, any athlete who has a bib number in your team packet counts towards your entry fee. Fees are to be paid by cash, check or credit/debit card. Make checks payable to Kansas Athletics, Inc. There is a team cap of \$300 per team. Men's/boys and women's/girls squads count as separate teams.

_____ X \$20.00 = _____
Number of athletes accepted Total Entry Fee (\$300 per team max)

*There will be no late entries accepted.

*NOTE: Scratches made after the entry deadline still count towards your entry fee total. Over the last several years, we have seen several teams register their athletes and relay teams, then not attend the event. By registering your team, please understand that you are contracting a service with the Kansas Relays and will be responsible for your entry fee even if you do not attend the event.

COACH/ATHLETE ADMISSION

Each school will be allotted six (6) coaches wristbands. Extra coaches, athletic directors, bus drivers and managers not included in the team's six (6) can purchase additional wristbands for \$10 each.

Coaches with credentials/wristbands will be admitted into a coach's lane located in front of the east stands. One pole vault coach with a credential/wristband will be admitted to the vault coaching box located in front of the west stands. Replacements for lost wristbands are \$10 each. Athletes must show their competitor bib number for admittance.

Athletic trainers will get credentials through the Kansas Athletics medical staff, while media will obtain credentials from the Kansas Communications office/staff.

TEAM TENTS AND CAMPS

Team camps will be located in the soccer field east of the track and field stadium. Tents will be set up against the perimeter wall in the soccer stadium. There will be staff available to help direct teams to the team camp area. Team tents will not be allowed in the stadium.

ACCESSIBILITY

Parking availability at Rock Chalk Park is limited; athlete drop-off will be located at the south end of RCP. Team and school buses will be directed to park at a satellite site. Elevator access to accessible seating can be found on the east stands of the track and field facility. Please see parking assistants or ushers for further assistance.

AWARD PICK-UP

The first place winner will be escorted to the awards podium located in front of the video board on the north end of the stadium directly after their race. Only the four members of the winning relay team will be allowed on the award stand. All other award winners can pick up their award at the awards table located in the lobby inside the entrance to the elevator on the east side of the stadium.

KANSAS RELAYS AWARDS

Awards will be given to the following winners

Eligible:

1. Top 9 high school place winners
2. Top 3 high school relay event finishers (4 per team)
3. Top 3 collegiate finishers
4. Top 3 collegiate relay event finishers (4 per team)

Medals must be picked up at the Relays, they will not be mailed out.

THE KANSAS CUP

The Kansas high school boys and girls teams with the most relay points will be awarded the Kansas Cup. It is possible for a team to win both the Outstanding Relay Award and the Kansas Cup.

THE SUNFLOWER SHOWDOWN

The winners of the boys and girls 4x100 meter relays and 4x400 meter relays in the Sunflower Showdown will receive the Sunflower Showdown trophy. Schools/coaches shall sign up at packet pickup for interest in competing in the Sunflower Showdown races.



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FACILITY INFORMATION

ROCK CHALK PARK

The track and field stadium houses a nine-lane 400 meter Beynon 2000 IAAF Certified Class 1 running and jumping surface. The running lanes are 48” wide, with a jogging lane adjacent to lane nine.

Runway lengths:

- Men’s long jump – 191 ft. (58.22m)
- Men’s triple jump – 164 ft. (49.98m) & 156 ft. (47.50m)
- Women’s long jump – 182 ft. (55.48)
- Women’s triple jump – 161 ft. (49.08m) & 153 ft. (46.64m)
- Javelin (all) – 111 ft. (33.84m)
- Pole vault – Southwest runway 138 ft. (42.06m)
- Pole vault – Southeast runway 150 ft. (45.72m)
- Pole vault – Northwest runway 128 ft. (39.02m)
- Pole vault – Northeast runway 150 ft. (45.72)

Relay exchange zones:

- 400 meter (4 x 100) – Yellow
- 800 meter (4 x 200) – Black
- 1600 meter (4 x 400) – Blue

WARM UP FACILITIES

Warm up areas will be determined and posted prior to the start of Wednesday’s events. Usage of electronics (music, phones, etc.) will not be allowed in any warm up area.

STADIUM POLICIES & INFORMATION

Smoking and smokeless tobacco are not allowed inside the seating or concourse areas or around the throws field. All alcoholic beverages are also prohibited. Cans, glass, and glass bottles are not allowed at Rock Chalk Park. Banners may not be more than three feet tall nor may they obstruct the view of other fans. Any item deemed offensive will be confiscated. All bags and belongings are subject to search by stadium personnel. Gates open two hours prior to the first competition each day.

INFIELD POLICY

No warmups, coaches, or non-competing athletes will be allowed on the infield at any time. All warm ups must be completed outside the track stadium.

ATHLETIC TRAINING ROOM

Tents for athletic trainers will be available near the finish line at the north east corner of the track. Sports medicine staff and EMS will be available for acute injuries, first-aid, and emergency services only. For additional information, please contact LAT/ATC Kelly Arends at karends3@ku.edu or (785) 424-4573.

TRAINING ROOM HOURS:

- 4/13 8:00 am – 1 hour after the completion of the last event
- 4/14 7:00 am – 1 hour after the completion of the last event
- 4/15 9:30 am – 1 hour after the completion of the last event

HEATS / ADVANCEMENT

PREFERRED LANES, FLIGHTS & HEATS

All positions are selected according to entry marks. All college and invitational events will follow NCAA rules, including rules regarding false starts. Preferred lanes for our nine lane track will be assigned as follows: 5, 6, 4, 7, 3, 8, 2, 9, 1.

FLIGHTS (Field Events)

All field events will be flighted in such a way so that the top seeded athletes will be placed in the later flight, and randomly within flights, to allow for the best performances. All athletes will make three attempts in the preliminary round; those who advance to the final will take three additional attempts. Top 9 advance to finals. Minimum marks are based on the results of the past three years. Meet management reserves the right to modify this policy if the quality of the field or weather conditions dictate.

HIGH SCHOOL ADVANCEMENT FORMULAS

Individual Events, 1600 Meter Relay and the 400 Meter Relay

- Three Heats Heat winners plus the next six fastest times
- Four Heats Heat winners plus the next five fastest times
- Five Heats Heat winners plus the next four fastest times
- Six Heats Heat winners plus the next three fastest times
- Seven Heats Heat winners plus the next two fastest time



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COLLEGE ADVANCEMENT FORMULAS

Individual Events, 1600 Meter Relay and the 400 Meter Relay	
Three Heats	Heat winners plus the next six fastest times
Four Heats	Heat winners plus the next five fastest times
Five Heats	Heat winners plus the next four fastest times
Six Heats	Heat winners plus the next three fastest times

RUNNING EVENTS

Athletes must report to the Check - In table no later than 30 minutes prior to their competition. This location is in the building behind the west stands. At check - in competitors will be given hip numbers, then marshaled to the staging area inside the stadium by event and heat. Runners should enter the stadium with their spikes on and in uniform, ready to compete. The enclosed meet schedule is an estimate; please ask athletes to pay close attention to the order of events and error on the side of being early.

FIELD EVENTS

Athletes may enter the stadium through the northwest gate. Throwers, vaulters and jumpers will report to their event site and check in with officials 1 hour (90 minutes for vaulters) prior to the start of their competition until the event is concluded. They will be allowed to enter and exit the infield through this gate during their warm up and competition time only.

HIGH SCHOOL VAULT WEIGHT VERIFICATION

Vault verification forms can be found on the Kansas Relays website. Coaches from any state bringing a high school vaulter must present a weight verification form at time of packet pickup or their athlete will be ineligible to compete. This form is available online at the Kansas Relays website. These forms are the responsibility of the high school coach and must be turned in to the head official at the event site. Vaulting poles may only be brought to the infield via the northeast corner of the track.

High School Vault Verification Form:

http://sidearm.sites.s3.amazonaws.com/kuathletics.com/documents/2017/1/17/pole_vault_weight_verifv.pdf

IMPLEMENT WEIGH-IN

Athletes must weigh in all throwing implements no later than **two hours** before the scheduled start of the competition. You will be issued an implement form and ID number when you submit your equipment. Bring this form back to the weights and measurements room following the event to reclaim your equipment. Implements approved for competition will be collected and delivered to the event site one hour before the start of the event. Implements that do not pass inspection will be impounded until after that throwing event is complete. Implements for early morning events should be checked in the evening before competition. The room will be staffed until 7 p.m., each night.

HIP AND BIB NUMBERS

Bib numbers will be worn on the front of the singlet with exception of vaulters and throwers who may wear bib numbers on their back. All athletes on a relay team are to wear hip and bib numbers. Hip numbers will be given to athletes at the Check-In area. Bib numbers may not be altered, folded, or cut in any way.

RULES

NCAA RULES

NCAA rules will apply to all college/invitational events. The NCAA false start rule will be used for all running events, including invitational sections. Please note to your athletes that lane and exchange zone violations are carefully monitored. No electronic devices of any sort, including cell phones, cameras, music players, or radios are allowed on the infield at any time. No high school athlete may compete in collegiate events.

** 2019 NCAA COLLEGIATE RELAYS EXCHANGE RULE

Under Rule 5 Section 8 Article 4: Positions for Receiving the Baton

In the sprint relays, outgoing runners, while waiting for the baton, must be positioned entirely inside the 30-meter exchange zone within the runners' lane. Outgoing runners may place two pieces of self-adhering, affixed tape outside the exchange zone.

Under Rule 5 Section 8 Article 5: Passing the Baton

In all relays around the track, the baton must be passed between teammates within the defined exchange zone. In the 4x100 and 4x200 Meter Relays, each exchange zone shall be 30 meters. For the Sprint Medley Relays (200, 200, 400, 800), the first exchange zone shall be 30 meters, and the second and third exchange zones shall be 20 meters.

NATIONAL FEDERATION OF HIGH SCHOOLS

** 2019 NATIONAL FEDERATION OF HIGH SCHOOL FEDERATION RELAY EXCHANGE RULE

Changes to Rules 5-3-3 and 5-3-4 expand the exchange zone in relays with legs of 200 meters or less from 20 to 30 meters. All exchange zones for races with legs longer than 200 meters will remain at 20 meters.

The acceleration zone is now incorporated into the existing exchange zone, thus a 30-meter exchange zone for relay races with legs of 200 meters or less.

UNIFORM RULE

The uniform rule is in effect for all high school and college competitions. All relay runners must wear the same style and color of uniform. Open athletes are an exception. Please review uniform rules with your athletes. Please note that rubber bracelets are considered jewelry.



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RELAY CARDS

You will be issued relay cards in your team packet. Please fill in the name, year and bib number of your runners and return these cards no later than one hour before this event to the Check-In tent. These cards allow our announcers to recognize your athletes during their races and for correct relay results to be published.

RESULTS

Results will be posted on the south end of the east grandstands and near the check-in behind the west grandstands. Due to the size of the meet and number of attending teams, final results will not be available to coaches at the meet. Full results will be available at www.kansasrelays.com or pttiming.com. Heat sheets for final events on Saturday will be available for head coaches at the packet pickup room.

PROTESTS

Protests of results must be made within 15 minutes after final results are posted for finals. Protests must be made in writing and presented to the Protest Official, located in awards area. Protest forms will be available at the awards area. Institutions involved in the protest will be notified of the protest and decision. Referee's decision shall be written on each copy of the protest. The referee's decision is final. There is a \$100.00 cash-only fee for ALL protests (refunded if protest is upheld).

ENTRY INFORMATION HIGH SCHOOL SANCTION

The Kansas Relays are sanctioned by the National Federation of State High School Associations and Kansas State High School Activities Association. All high schools within 500 miles of the Kansas border are eligible to compete so long as this is permitted by the athletic association in their state. Check with your state high school activities association before entering in the Kansas Relays. Visit www.nfhs.org for information on your state and Kansas Relays sanctioning.

COLLEGIATE SANCTION

The Kansas Relays are sanctioned by USA Track & Field and World Athletics.

ATHLETE ELIGIBILITY

To be eligible to compete in the high school or college/university sections the athlete must be in good standing with their school, team and the activities association in that state or NCAA, NAIA, or NJCAA. Only school coaches may enter high school or college/university athletes. Club teams may not compete in the high school events. Open athletes may compete in any college event if they meet the limits listed in this guide.

ENTRY REQUIREMENTS

Any athlete can be submitted for entry if all eligibility requirements are satisfied. All entry times must be fully automatic times (FAT) unless specifically designated as "H."

For throwing events, only marks set with high school implements for high school events and college implements for college/open events will be accepted. All entry marks must be verifiable in print or posted official meet results (except relay events). Marks set in the summer are valid for entry purposes so long as they are verifiable via official results. All high school field events should be entered into Direct Athletics as an English mark. Direct Athletics will then convert the marks to metric for us. This is to ensure fairness and to eliminate confusion when seeding the flights.

USADA DRUG TESTING

Athletes who participate in this competition are subject to drug testing in accordance with the United States Anti-Doping Agency (USADA) Protocol for Olympic Movement Testing (USADA Protocol). Testing may take place after any round--preliminary, qualifying or final. USADA will be responsible for conducting comprehensive drug testing, as well as the adjudication of positive findings. Athletes selected for doping control are required to sign a testing notification form by the assigned doping control chaperone, who will remain with each athlete until she or he arrives at the doping control testing center. Athletes have one hour from the time of notification before they must report to the doping control testing center. Once athletes complete the drug testing process, they are free to leave. Athletes with positive drug test results will have their cases adjudicated according to the USADA Protocol and will be penalized, if appropriate, according to applicable IAAF or World Anti-Doping Agency rules. Such penalties may include, but not be limited to, a period of ineligibility from competition, as well as disqualification from past competitions and cancellation of awards and prizes previously awarded. Any substance taken by an athlete is at his/her own risk and may result in a positive sample. BEWARE: some nutritional supplements, prescription, cold medicines and over-the-counter medications contain prohibited substances. Information regarding specific drugs and substances may be obtained by calling the USADA Drug Reference Line at 800-233-0393, visiting the www.usantidoping.org, or visiting www.888athlete.org.

QUALIFICATION PROCESS QUALIFYING PERFORMANCE RULES

Marks used for the purpose of qualifying in all individual events must be final meet results and verifiable from printed results. Qualifying marks are subject to the following limitations:

- No preliminary results will be accepted unless included in official results.
- No cross country times, relays, splits, or practice times are accepted in individual events.
- High School marks must have been made from April 1, 2023 to April 15, 2024.
- Collegiate entries must be posted on TFRRS.

ANY ATHLETE WHO IS DECLARED IN AN INDIVIDUAL EVENT MUST COMPETE IN THAT EVENT OR BE SCRATCHED FROM THE REMAINDER OF THE MEET, UNLESS CLEARED BY A DOCTOR'S RELEASE. Unseeded sections on Thursday night are exempt from this rule.

UPDATED RULE - COLLEGE DISTANCE CARNIVAL

In an effort to achieve complete fields in the Distance Carnival races on Thursday evening, we will modify our entry process.

- The number of accepted entries has increased for most Distance Carnival races to provide more opportunity for distance runners.



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Entry Limits

Event	Girls	Boys	CW	CM
100 Dash	45	45	45	45
200 Dash			36	36
400 Dash	36	36	36	36
800 Run	45	45		
800 Seeded College			9	9
800 Unseeded College			45	45
1600 Run	40	40		
1500 Unseeded			45	45
1500 Seeded			12	12
3200m Run	24	24		
5k			40	40
10k			20	20
Steeple 2k	16	16		
Steeple 3k Unseeded			24	24
Steeple 3k Seeded			12	12
100m Hurdles	45		45	
110m Hurdles	45			45
300m Hurdles	45	45		
400m Hurdles			45	45
4x100m Relay	All	All	All	All
4x200m Relay	36	36		
4x400m Relay	All	All	All	All
Sprint Med Relay	27	27		
Distance Med Relay	24	24	16	16
4x800m Relay	54	54	16	16
4x1600m Relay	20	20		
Discus	24	24	24	24
Javelin	24	24	24	24
Shot	28	28	24	24
Hammer			24	24
HJ	15	15	20	20
LJ	28	28	24	24
TJ	28	28	24	24
PV	15	15		
PV Unseeded			15	15
PV Seeded			10	10



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ACCEPTED ENTRY INFORMATION

April 14, 2024 9:00 a.m. – 6:00 p.m.
Go to directathletics.com

April 15, 2024 Final accepted entry list posted 6:30 p.m. Central Time

Final accepted entry lists will be posted at www.kansasrelays.com. Please contact support@directathletics.com if you have questions or need assistance regarding your Direct Athletics account or the online entry process. Refer all general meet questions to meet director Tim Byers at timbyers@ku.edu.

ALTERNATE ATHLETE NOTIFICATION

If an athlete should scratch an event after the final entry list is published, every effort will be made to contact the coach of the next eligible athlete in that event to notify them of their entry into the meet in that event until Wednesday, April 14 @ 12:00 p.m. (noon). Please do not contact the Kansas Relays Office concerning the status of entry lists and alternates. Please be sure to provide correct e-mail plus home and cell numbers when registering online for this purpose.

TEAM ENTRY INSTRUCTIONS

STEP 1— ON YOUR MARKS – ACCESSING YOUR DIRECT ATHLETICS ACCOUNT

Please visit www.directathletics.com early during the entry period (Wednesday, March 20 – Saturday, April 8) to create or update your team roster. Each coach must have a Direct Athletics username and password for his/her school. If you don't know your username and password, you will be able to create one or retrieve your existing account by following the instructions below. You will use the same account to enter all meets run through Direct Athletics.

PLEASE INCLUDE CORRECT COACH'S NAME, EMAIL, AND PHONE NUMBER ON DIRECT ATHLETICS. THIS INFORMATION IS IMPORTANT IF MEET MANAGEMENT NEEDS TO CONTACT YOUR SCHOOL.

If you already have an account and know your username and password ... If you do NOT have an account or forgot your username and password ...

- 1) Go to www.directathletics.com
- 2) In the login box, enter your
- 3) Username and password then
- 4) Click "Login".

(Remember that your password is case-sensitive)

- 1) Go to www.directathletics.com
- 2) Click on the link "New User? Click "HERE" or "Forgot Username or Password."
- 3) Follow onscreen instructions. You will be able to create an account online or retrieve forgotten information for an existing account.

****NOTE ABOUT ACCOUNTS:** Most team accounts control a school's Men's AND Women's team. You control only one gender at a time, so you will complete the below steps for your Men, and then switch to your Women's team and repeat the process (or vice versa). The team you are controlling is listed on the blue navigation bar across the top of your account, for example:

Sport: Track & Field

Team: Plano East HS (M)

This indicates that you are controlling the Plano East HS MEN'S team (M=MEN). To switch to your Women's team, you would select "Plano East HS (W)".

STEP 2 – GET SET – SETTING UP YOUR ONLINE ROSTER

Before entering an athlete into a meet, you must add all attending athletes to your roster. If an athlete is already on your roster (from prior seasons or meets) you do not need to add them again.

- 1) Upon logging in, click the TEAM tab. (New users will automatically be in the TEAM module)
- 2) If you have used Direct Athletics before, you will see your existing athletes on your roster. New Users should click the green "Add Athletes" link.
- 3) Click the green "Add Athletes" link under the Team Roster header. Select an approximate number of athletes you would like to add (you can add more at any time).
- 4) Enter your athletes First Name, Last Name and School Year and click "Submit."

NOTE ABOUT UNATTACHED ATHLETES (Colleges only): Colleges will see an "Unattached" box on this page; if you are a college coach entering an unattached athlete, click the "Unattached" box.

- 5) You may add, edit or delete athletes on your Team Roster at any time by clicking the TEAM tab. To add athletes, click the green "Add Athletes" link at any time. To delete or edit athletes, check the box to the left of each athlete(s) and then click the red "Delete Selected" link or the blue "Edit Selected" link respectively.

STEP 3 – GO – SUBMITTING ONLINE MEET ENTRIES

Once athletes are added to your roster, you must then submit your entries for each athlete/event.



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- 1) In the HOME tab (under Upcoming Meets) or in the SCHEDULE tab, click the green Register button next to the Kansas Relays.
- 2) If prompted, choose an entry method. We HIGHLY Recommend using the NEW, "Enter by Athlete" method.
- 3) Follow onscreen instructions for submitting your entries. Remember that you must enter the date and location of each individual seed mark. Relay events may only enter a seed time. You will see a running tally of your entries on the right side of your screen. Remember to enter all members of each relay team.
- 4) When you are finished with your entries, click the "Finish" link.
- 5) You will see a list of your current, submitted entries. Click the links both to receive an EMAIL confirmation and a PRINTABLE confirmation.
- 6) To edit your existing entries at any time, click the blue "Edit Entries" button next to Kansas Relays on your Upcoming Meets or Complete Schedule. You may access your team entries again on www.directathletics.com between Wednesday, March 20 at 8 a.m., and Friday, April 12 at 11:59 p.m., CST to update entry marks or de-register (scratch) your athletes' events and relays. IF YOU HAVE NO UPDATES OR SCRATCHES, YOU DO NOT NEED TO LOG ON DURING THIS PERIOD. ALL REMAINING ENTRIES ARE CONSIDERED DECLARED AT 10 PM CST ON SUNDAY, APRIL 14.
- 7) Coaches are reminded that qualifying times will determine seeding, so updated and honest seed marks are important. Remember to update or scratch relays as well. The head coach is solely responsible for the correct and accurate entry of their athletes and relays.
- 8) After updating or scratching events, click "SUBMIT" and be sure to print a copy of your final entries to bring with you to packet pickup! Check www.kansasrelays.com for the list of accepted entries at 6:30 p.m., on Monday, April 15.

If you have any questions about the on-line entry process or your account, please e-mail support@directathletics.com. The deadline day is crunched with last-minute coaches, so the earlier that you begin the process, the easier it is!

RELAY ZONE & START INFORMATION

**** UPDATED 2019 NCAA COLLEGIATE RELAYS EXCHANGE RULE**

Under Rule 5 Section 8 Article 4: Positions for Receiving the Baton

In the sprint relays, outgoing runners, while waiting for the baton, must be positioned entirely inside the 30-meter exchange zone within the runners' lane. Outgoing runners may place two pieces of self-adhering, affixed tape outside the exchange zone.

Under Rule 5 Section 8 Article 5: Passing the Baton

In all relays around the track, the baton must be passed between teammates within the defined exchange zone. In the 4x100 and 4x200 Meter Relays, each exchange zone shall be 30 meters. For the Sprint Medley Relays (200, 200, 400, 800), the first exchange zone shall be 30 meters, and the second and third exchange zones shall be 20 meters.

**** UPDATED 2019 NATIONAL FEDERATION OF HIGH SCHOOL FEDERATION RELAY EXCHANGE RULE**

Changes to Rules 5-3-3 and 5-3-4 expand the exchange zone in relays with legs of 200 meters or less from 20 to 30 meters. All exchange zones for races with legs longer than 200 meters will remain at 20 meters.

The acceleration zone is now incorporated into the existing exchange zone, thus a 30-meter exchange zone for relay races with legs of 200 meters or less. For the 4x400 Meter and longer relays, each exchange zone shall be 20 meters.

4 x 100 Relay	Entirely in lanes; yellow exchange zones
4 x 200 Relay	Entirely in lanes; black
4 x 400 Relay	Blue exchange zones
Two-Mile Relay	Waterfall start; blue exchange zones
4 x Mile Relay	Waterfall start; blue exchange zones
Sprint Medley Relay	In lanes until the 400/800 exchange [200m - 200m - 400m - 800m]
Distance Medley Relay	Blue exchange zone, 2 alley start [1200m - 40m - 800m - 1600m]

STARTING BLOCKS: Only blocks provided by the Kansas Relays may be used on the track in Rock Chalk Park. We will use standard pedal blocks.

PARKING

The Kansas Relays office does not have control over parking policies. General public parking will be available at Rock Chalk Park. Parking is free.

Parking will be available at the LMH West Campus (6265 Rock Chalk Dr, Lawrence, KS 66049) on Saturday, April 20 only.

Buses will be allowed to drop off teams on the south side of Rock Chalk Park. There will be a designated drop off/pick up location. Buses will have parking access to the frontage road west of Rock Chalk Park. This road will access back to 6th Street/Hwy 40. Please see the facility map for more information www.kansasrelays.com.

MEDIA

By accepting an invitation to compete at the Kansas Relays, athletes authorize Kansas Athletics, Inc. to allow the reproduction, dissemination, and/or publication of their name, voice, picture, image, likeness, performance, video and/or motion pictures of themselves and/or their property for media coverage in any media now or hereafter existing, public relations, or any other purpose which may involve the use of photographs, films, and/or video tape recording. This is to be done in conjunction



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with their participating in the Kansas Relays and they understand and agree that they may neither pay a fee to receive individual promotional consideration from their participation in this event, nor will they receive any payment for the possible commercial use of their name, voice, picture, image, likeness, performance, video and/or motion pictures of themselves and/or their property. Participating athletes release Kansas Athletics, Inc., the University of Kansas, the Board of Regents for the State of Kansas, and the State of Kansas, its agents, officers, or employees from any and all claims for damages based on the use of the their name, voice, picture, image, likeness, performance, video and/or motion pictures of themselves and/or their property.

LOST AND FOUND

Any items lost during the Kansas Relays should be reported to the lost and found located on the southeast side on the lower level of the stadium. Items can be reclaimed by blind identification or other proof of ownership.