



MAY 3 and 4, 2019

201 East 38th Street
Sioux Falls, SD 57105-5898

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The 94th Annual Howard Wood Dakota Relays will be held on Friday, May 3 and Saturday, May 4, 2019. We are very excited about the opportunity to host you and your student-athletes. Included in this letter you will find pertinent information to help you prepare for the 2019 Howard Wood Dakota Relays.

SPECIAL EVENTS

The High School Special Events planned for the 2019 Dakota Relays are:

HS Girls 800 Meter Run
HS Boys 200 Meter Dash

If you have an athlete you feel qualifies for the special events, please contact Terry Prendergast:

Terry Prendergast
PO Box 1030
Sioux Falls, SD 57101-1030
Phone: (605) 357-1229
Fax: (605) 335-3639
tprendergast@dehs.com

CLASSIFICATIONS

High School classifications will be determined using the current sports classification formula provided by the South Dakota High School Activities Association. This classification formula will be used to determine what class your high school will be competing in. This classification is based upon the Average Daily Membership (ADM) for grades 9-11.

AA	450.000 and above
A	90.000 to 449.999
B	89.999 and below

EVENT LIMITATIONS

AA	3 Contestants per event
A	2 Contestants per event
B	1 Contestant per event

Event limit exemption may apply, please see website for criteria and the exemption form. No changes or substitutions will be made the day(s) of the meet. Only scratches will be allowed.

FIELD EVENTS

Field events will be an open division and limited to the following top performances:

Top 40 Performances	=	Shot Put · Discus · Long Jump · Triple Jump
Top 30 Performances	=	Pole Vault · High Jump · Javelin

INDIVIDUAL RUNNING EVENTS

Running Events will be an open division.

RELAYS

High Schools will be allowed to enter one team, per school, per event, according to the classification information provided. When entering relay teams, remember that all contestants, even if they are only running in a relay, must be entered in order to get a competitor number.

ENTRY FEE

AA Boys	\$100	AA Girls	\$100
A Boys	\$ 75	A Girls	\$ 75
B Boys	\$ 50	B Girls	\$ 50

Entry fees may be paid online via Athletic.net on/or before the entry deadline. If you must pay via check, please mail entry fee to Meet Director:

Casey Meile
Meet Director
Howard Wood Dakota Relays
201 East 38th Street
Sioux Falls, SD 57105

Please mail check prior to **Wednesday, April 24, 2019** to ensure it arrives prior to meet.

MEET INFORMATION

- The Howard Wood Dakota Relays is sanctioned by the National Federation of State High School Associations and the South Dakota High School Activities Association.
- Only 3/16" (or shorter) pyramid spikes will be permitted.
- Discus, Shot Put and Hammer competitions will be thrown on concrete surfaces.
- The javelin competition will be contested on a Mondo runway in the northwest corner of the stadium.
- Each school will have a team packet available for pickup at the contestants' gate, located directly under the press box.
- All contestants must wear their assigned numbers on the front of their jerseys. Coaches must enter all athletes in order for all contestants to be assigned a competitor number.

RESULTS

Live results at results.dakotatiming.com

REGISTRATION PROCEDURE

Beginning in 2019 the Howard Wood Dakota Relays will utilize Athletic.net for all our high school entries. Registration will open at **8:00 AM** on **Monday, April 1, 2019** and close at **9:00 AM** on **Tuesday, April 30, 2019**. Please take time to create an account and get familiar with the “How to” videos on Athletic.net below:

[Create Coach Account on Athletic.net \(Click Here\)](#)

[Invite a Coach to Join a Team Account \(Click Here\)](#)

[Uploading a Roster \(Click Here\)](#)

[Add a Meet to the Calendar \(Click Here\)](#)

[Pay Entry Fee \(Click Here\)](#)

[Register Athletes for a Meet \(Click Here\)](#)

MEET ENTRIES

When submitting a mark, relay or open event, the mark submitted is subject to verification.

KEY DATES AND TIMES

Monday, April 1, 2019

Wednesday, April 24, 2019

Tuesday, April 30, 2019

Thursday, May 3, 2019

Online Registration Opens at **8:00 AM** (Athletic.net)

Pay Entry Fee on or before this date

Online Registration Closes at **9:00 AM**

Running Events Standby List will be available (dakotarelays.com)

All Times Listed are Central Standard Time

CHECK IN

Track Athletes – check in 45 minutes prior to the start of your event at the clerk station on the west side of the fieldhouse.

Field Event Athletes – check in one hour prior to the start of your event/flight at the event site.

IMPLEMENT CERTIFICATION

Located on the west side of the field house. All implements for the shot put, discus, hammer throw and javelin will be checked-in at the event site one hour prior to the event’s start time. Please do not bring implements to the inspection table before check-in.

POLE VAULT WEIGHT CERTIFICATION

It is preferred that athletes weigh-in with local administration. Weight Certification on site will be provided at the west side of the field house. All athletes must weigh-in prior to the start of their event.

SPECIAL NOTES

- We want to give everyone time to budget the following changes in Entry Fees for the 2020 Dakota Relays. Beginning in 2020 Entry Fees will be moved to the following:

AA Boys	\$150	AA Girls	\$150
A Boys	\$100	A Girls	\$100
B Boys	\$ 50	B Girls	\$ 50
UC Men	\$200	UC Women	\$200

- In 2020 the Howard Wood Dakota Relays Board of Directors would like to move to verifying times and distances. When submitting a mark, relay or open event, the mark submitted is subject to verification. Coaches cannot enter a mark based on a "projected" time or mark. Relays teams must have run the time submitted sometime prior to the meet. Entry marks must be able to be verified by meet management. Marks submitted will need to be marks from the 2020 season.

Misconduct: Misconduct is any act of dishonesty, unsportsmanlike conduct, unprofessional behavior or breach of law occurring at the locale of the competition or warm-up, that discredits the event. Misconduct includes the intentional reporting of false marks for entry purposes. Acts of misconduct are subject to reprimand or ejection by the referee or meet management.

FUTURE DATES

May 1-2, 2020

April 30-May 1, 2021

May 6-7, 2022

TICKET INFORMATION

Adult tickets purchased at the gate cover admission to both sessions – cost is \$15.

For single session tickets, cost is \$10.

Student tickets purchased at the gate cover admission to one or both sessions. Cost is \$10.

For single session tickets, cost is \$5.

CONTACT INFORMATION

Please contact Linda Hengeveld or Casey Meile if you have any questions.

Linda Hengeveld
linda.hengeveld@k12.sd.us

Casey Meile
casey.meile@k12.sd.us



94th Annual Dakota Relays

May 3 & 4, 2019

Friday

Field Events

- 9:00 U-C Men Hammer Throw
- 11:00 U-C Women Hammer Throw
- noon U-C Men Triple Jump (Pit 1)
- noon U-C Women Triple Jump (Pit 2)
- 1:00 U-C Men Discus
- 2:00 U-C Women Pole Vault
- 3:00 U-C Women High Jump
- 3:00 U-C Women Discus
- 3:30 H.S. Girls Triple Jump (Pits 1 & 2)
- 3:30 H.S. Boys Shot Put
- 5:00 U-C Men Pole Vault
- 5:00 U-C Men High Jump
- 5:00 U-C Men Javelin
- 6:00 H.S. Boys Triple Jump (Pits 1 & 2)
- 6:00 H.S. Girls Shot Put
- 6:30 U-C Women Javelin



Running Events

- 2:00 H.S. Girls 100 Meter Hurdles – Prelims
- 2:20 H.S. Boys 110 Meter Hurdles – Prelims
- 2:40 U-C Women 4 x 100 Meter Relay
- 2:45 U-C Men 4 x 100 Meter Relay
- 2:50 H.S. Girls 100 Meter Dash – Prelims
- 3:05 H.S. Boys 100 Meter Dash – Prelims
- 3:20 H.S. Girls Class B 4 x 800 Meter Relay
- 3:45 H.S. Girls Class A 4 x 800 Meter Relay
- 4:10 H.S. Girls Class AA 4 x 800 Meter Relay
- 4:20 U-C Women 400 Meter Dash
- 4:30 U-C Men 400 Meter Dash
- 4:40 8th Grade Girls 4 x 100 Meter Relay
- 4:45 8th Grade Boys 4 x 100 Meter Relay
- 4:50 H.S. Girls 400 Meter Dash – Prelims
- 5:00 H.S. Boys 400 Meter Dash – Prelims
- 5:15 H.S. Girls 100 Meter Hurdles – Semis
- 5:25 H.S. Boys 110 Meter Hurdles – Semis
- 5:35 H.S. Girls 100 Meter Dash – Semis
- 5:40 H.S. Boys 100 Meter Dash – Semis
- 5:45 H.S. Boys Class B 4 x 800 Meter Relay
- 6:05 H.S. Boys Class A 4 x 800 Meter Relay
- 6:25 H.S. Boys Class AA 4 x 800 Meter Relay
- 6:35 U-C Men 3000 Meter Steeplechase
- 6:50 U-C Women 3000 Meter Steeplechase
- 7:10 U-C Women 200 Meter Dash – Finals
- 7:20 U-C Men 200 Meter Dash – Finals
- 7:30 H.S. Girls Special Event – 800 Meter Run
- 7:40 U-C Women 800 Meter Run
- 7:50 U-C Men 800 Meter Run
- 8:00 H.S. Boys Special Event – 200 Meter Dash
- 8:10 H.S. Girls 3200 Meter Run
- 8:40 H.S. Boys 3200 Meter Run
- 9:05 U-C Women 5000 Meter Run
- 9:30 U-C Men 5000 Meter Run



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Saturday

Field Events

9:00	H.S. Girls Discus
9:00	H.S. Boys Pole Vault
9:00	H.S. Girls High Jump
9:00	U-C Men Long Jump (Pit 1)
9:00	U-C Women Long Jump (Pit 2)
10:00	U-C Women Shot Put
11:30	H. S. Boys Discus
11:30	H.S. Girls Long Jump (Pits 1 & 2)
noon	U-C Men Shot Put
noon	H.S. Boys High Jump
1:30	H.S. Girls Pole Vault
2:00	H.S. Boys Long Jump (Pits 1 & 2)
2:00	H.S. Girls Javelin
3:30	H.S. Boys Javelin

Running Events

9:00	H.S. Girls Class B Sprint Medley
9:20	H.S. Girls Class A Sprint Medley
9:40	H.S. Girls Class AA Sprint Medley
10:00	U-C Women 100 Meter Hurdles – Finals
10:10	U-C Men 110 Meter Hurdles – Finals
10:20	U-C Women 100 Meter Dash – Finals
10:30	U-C Men 100 Meter Dash – Finals
10:40	H.S. Boys Class B Sprint Medley Relay
11:00	H.S. Boys Class A Sprint Medley Relay
11:20	H.S. Boys Class AA Sprint Medley Relay
11:35	H.S. Girls Class B 4 x 200 Meter Relay
11:45	H.S. Girls Class A 4 x 200 Meter Relay
11:55	H.S. Girls Class AA 4 x 200 Meter Relay
12:05	U-C Women 1500 Meter Run
12:20	U-C Men 1500 Meter Run
12:35	H.S. Boys Class B 4 x 200 Meter Relay
12:45	H.S. Boys Class A 4 x 200 Meter Relay
12:55	H.S. Boys Class AA 4 x 200 Meter Relay
1:05	H.S. Girls 1600 Meter Run
1:30	H.S. Boys 1600 Meter Run
1:55	Honorary Referee Recognition
2:00	Hall of Fame Recognition
2:10	Scholarship Awards Presentation
2:15	U-C Men 400 Meter Hurdles – Finals
2:25	U-C Women 400 Meter Hurdles – Finals
2:35	H.S. Girls 300 Meter Hurdles – Finals
2:55	H.S. Boys 300 Meter Hurdles – Finals
3:15	Board of Directors Volunteer Recognition Awards & Years of Service
3:25	H.S. Girls Class B 4 x 100 Meter Relay
3:35	H.S. Girls Class A 4 x 100 Meter Relay
3:45	H.S. Girls Class AA 4 x 100 Meter Relay
3:55	H.S. Boys Class B 4 x 100 Meter Relay
4:05	H.S. Boys Class A 4 x 100 Meter Relay
4:15	H.S. Boys Class AA 4 x 100 Meter Relay
4:25	U-C Women 4 x 400 Meter Relay
4:30	U-C Men 4 x 400 Meter Relay
4:35	H.S. Girls 400 Meter Dash – Finals
4:40	H.S. Boys 400 Meter Dash – Finals
4:45	H.S. Girls 100 Meter Hurdles – Finals
4:50	H.S. Boys 110 Meter Hurdles – Finals
4:55	H.S. Girls 100 Meter Dash – Finals
5:00	H.S. Boys 100 Meter Dash – Finals
5:05	Special Olympics Girls 100 Meter Dash – Finals
5:10	Special Olympics Boys 100 Meter Dash – Finals
5:15	H.S. Girls Class B 4 x 400 Meter Relay
5:30	H.S. Girls Class A 4 x 400 Meter Relay
5:45	H.S. Girls Class AA 4 x 400 Meter Relay
6:00	H.S. Boys Class B 4 x 400 Meter Relay
6:15	H.S. Boys Class A 4 x 400 Meter Relay
6:30	H.S. Boys Class AA 4 x 400 Meter Relay

2019 DAKOTA RELAYS HIGH SCHOOL BOYS AND GIRLS FIELD EVENT STANDARDS

SHOT PUT, DISCUS, LONG JUMP, TRIPLE JUMP: Will be limited to top 40 performances. There will be no alternate list. All contestants will be flighted (4 flights of 10). Each flight will be allowed warm-up trials. Exact details will be announced at the competition by head field event judges.

HIGH JUMP: Will be limited to top 30 performances. There will be no alternate list. The competition will be conducted in continuing flights of the "Five Alive" system. Starting heights and progressions are listed below.

POLE VAULT: Will be limited to top 30 performances. There will be no alternate list. The competition will be conducted in continuing flights of the "Five Alive" system. Starting heights and progressions are listed below.

JAVELIN: Will be limited to the top 30 performances. There will be no alternate list. All contestants will be flighted (3 flights of 10). Each flight will be allowed warm-up trials. Exact details will be announced at the competition by head field event judge.

GIRLS

SHOT PUT	Performances – 40	Minimum Standard – 35'5"	Minimum Distance – 35'
DISCUS	Performances – 40	Minimum Standard – 108'4"	Minimum Distance – 108'
LONG JUMP	Performances – 40	Minimum Standard – 15'6"	Minimum Distance – 15'
TRIPLE JUMP	Performances – 40	Minimum Standard – 32'8"	Minimum Distance – 32'
HIGH JUMP	Performances – 30	Standards	B = 4'11" A = 4'10" AA = Top 24 Performances
Start	4'10" 5'0"	5'2" 5'4" 5'6" 5'8"	2" to winner
POLE VAULT	Performances – 30	Standards	B = 8'3" A = 8'3" AA = Top 24 Performances
Start	8'3" 9'0"	9'6" 10'0" 10'6" 11'0"	6" to winner
JAVELIN	Performances – 30	All fair trials will be measured.	

BOYS

SHOT PUT	Performances – 40	Minimum Standard – 45'11"	Minimum Distance – 45'
DISCUS	Performances – 40	Minimum Standard – 136'7"	Minimum Distance – 136'
LONG JUMP	Performances – 40	Minimum Standard – 19'10"	Minimum Distance – 19'
TRIPLE JUMP	Performances – 40	Minimum Standard – 40'3"	Minimum Distance – 40'
HIGH JUMP	Performances – 30	Standards	B = 6'0" A = 6'0" AA = Top 24 Performances
Start	6'0" 6'2"	6'4" 6'6" 6'8"	2" to winner
POLE VAULT	Performances – 30	Standards	B = 11'6" A = 11'3" AA = Top 24 Performances
Start	11'3" 11'9"	12'3" 12'9" 13'3" 13'9"	6" to winner
JAVELIN	Performances – 30	All fair trials will be measured.	

- A minimum distance mark will be placed at each event. Throws or jumps that do not reach minimum distance mark will not be measured.
- Head Field Judge, Event Judge and the Referee will make the decision if a change is necessary due to inclement weather.