

Sisseton American Legion Relays – May 2, 2025

1. **Field events will start at 11:00 PM. Running events at 12:00 PM. Coaches meeting at 10:30 at the finish line.**
2. **ALL ROSTERS/ENTRIES ARE REQUIRED TO BE ENTERED ON ATHLETIC.NET BY Noon, Thursday, May 1st.**
3. This meet is officially sanctioned by the SDHSAA. F.A.T running times.
4. Times WILL NOT BE READ AT THE FINISH LINE. The times will be on the SCOREBOARD immediately following the race. Competitors will need to know what place they were to get their time.
5. Track, runways, and high jump surface are rubberized. We require spikes to be less than 1/8 inch.
6. **NO Seeds, pop, sports drinks, or any other food is allowed on the football field. No grilling or coolers allowed inside the premises! Concessions stand will be open.**
7. Team camps will be allowed: NO CAMPS ON TURF!
*North of the track *South side on top of the berm *On the bleachers
8. No tape on the track, tennis balls will be made available.
9. Chalk is not legal on the runway in the Long and Triple Jumps. You can mark on the cement border.
10. Field events sign-up on Athletic.net. Weight ins for shot, discus and pole vault upon arrival in the storage area on the northwest corner of the complex. Field events will have **(3 jumps/ throws with finals)**.
11. Running events will have fast heat first (seeded on athletic.net)
12. Trophies awarded for places 1-5.
13. Entries limited to 4 per event, and 1 relay per school. 4 ENTRIES PER SCHOOL IN THE 100M, 200M AND 400M DASHES.
14. Varsity entry fee - **\$200 per school** and covers both girls and boys teams. **If you work an event - \$100. Make the check payable to – Sisseton American Legion.**
15. Coaches/team representative will be assigned to work an event if needed. Come prepared to help. If you prefer to work a specific event, contact us ASAP.

Next Year's Date for the Legion Relays is Friday, May 1, 2026

Sisseton American Legion Relays
April 25, 2024

Field Event Time Schedule – Rolling Schedule

Time	Event	Division
11:00 PM	Discus	Boys/Girls
	Shot Put	Girls/Boys
	Triple Jump	Girls/Boys
	High Jump	Girls/Boys
	Long Jump	Boys/Girls
	Pole Vault	Boys/Girls
	Javelin	Boys/Girls

Running Event Time Schedule – Rolling Schedule

Time	Event	Division
12:00 PM	100/110 M Hurdles	Girls/Boys
	3200 M Relay	Girls/Boys
	100 M Dash	Girls/Boys
	800 M Relay	Girls/Boys
	1600 M Run	Girls/Boys
	400 M Relay	Girls/Boys
	400 M Dash	Girls/Boys
	300 M Hurdles	Girls/Boys
	1600 M Medley Relay	Girls/Boys
	800 M Run	Girls/Boys
	200 M Dash	Girls/Boys
	3200 M Run	Girls/Boys (Combined?)
	1600 M Relay	Girls/Boys

The Legion Relays is sanctioned with the SDHSAA.