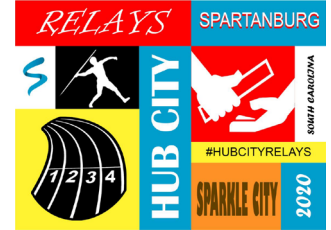


# HUB-CITY RELAYS 2020 (Terrier Relays)

**MARCH 27-28, 2020**

**SPARTANBURG, SC**

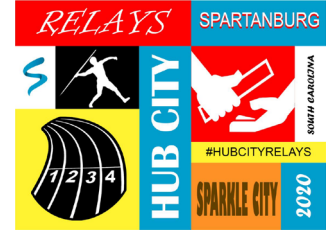


- Entry:** Unlimited Entries, Open/Unattached entries are welcome.
- Entry Deadline:** Wednesday, March 24<sup>th</sup> by 11:59 p.m.
- Entry Procedures:** Entries will be accepted only through DirectAthletics.com.
- Entries Posted:** Thursday, March 25<sup>th</sup> by 5PM
- Facility Rules:** NCAA rules will apply. This includes, for your safety, no headphones in competition and warm-up areas. Please abide by coaching boxes on infield for safety reasons. Protests must be filed, in writing, at the clerk's tent no later than 30 minutes following the involved incident or decision. Protests will be reviewed by the running or field event referee, who will make the final call.
- Entry Fee:** \$400 per team. A team consists of 10 or more athletes per gender. Men's and Women's teams from the same institution are considered separate teams.  
\$40 per athlete – College athletes on teams bringing fewer than 10 athletes.  
\$40 per athlete – Unattached athletes  
The fee is an entry fee not a competition fee. Fees are based on the number of entries and not on the number of athletes who compete. All entries are to be done on-line. Entry fees will also be paid online.
- Awards:** Awards will go to individual champions and to all 4 members of the winning relay teams.
- Weigh-in:** Will be open an hour and half before the Hammer on Friday and 7-10:00am on Saturday morning.
- Facility:** Old Spartanburg High School; Viking Track. The Javelin event will be held at the High School on the football practice field. The Hammer & Shot events will be held on the USC Upstate campus. Transportation will not be provided by the host to the offsite events.
- Parking:** Free team parking will be available at the facility.
- Starting Heights:** Will be determined after entries close.
- Throws/Jumps:** All entries will be accepted. There may be minimum marks and throws limits on the developmental rounds if necessary. Developmental heats are considered the sections below the top 32 entries. We want to give everyone a chance but not hurt the top throwers/jumpers.

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## Coaches/Officials

**Social:** There will be a coach's social at RJ Rockers Brewery Friday Night at 7:30pm



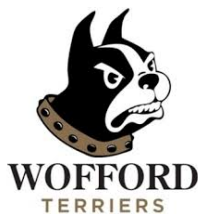
**Admission:** Admission is \$10 for Adult spectators. Kids under 18 are \$5.

**Check In:** Check in for running events must be done at least 1 hour prior to the event. Events will be seeded on the fly then athletes will pick up their hip numbers at the start line. Check in for field events will be done at the field event no later than 30 minutes prior to the event.

**Training Area:** There will be an area for team trainers to set up next to the storage building. EMT will be on site during the event. Teams are responsible for providing their own training staff & supplies.

**Sheets &Results:** Heat Sheets and live results will be streaming live at [TimingInc.com](http://TimingInc.com).

## Sponsors:



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## Tentative Schedule

### Friday

#### Field Events

|          |                                  |
|----------|----------------------------------|
| 12:00 PM | Women's Hammer (Men to Follow) * |
| 12:00 PM | Men's Shot (Women to Follow) *   |
| 3:00 PM  | Men's TJ (Women to Follow)       |

#### Track Events

|         |                      |
|---------|----------------------|
| 4:30 PM | 4 x 200m Men         |
| 4:40 PM | 4 x 200m Women       |
| 4:50 PM | Steeplechase Men     |
| 5:10 PM | Steeplechase Women   |
| 5:30 PM | 5000m Run Men        |
| 6:00 PM | 5000m Run Women      |
| 6:40 PM | 4x800m Relay Men's   |
| 6:55 PM | 4x800m Relay Women's |

### Saturday

#### Field Events

|          |                                   |
|----------|-----------------------------------|
| 10:30 AM | High Jump Men's                   |
| 10:30 AM | Javelin Women's (Men to Follow)   |
| 10:30 AM | Long Jump Women's                 |
| 1:00 PM  | Pole Vault Men's Women to Follow) |
| 10:30 PM | Discus Women's                    |
| 12:30 PM | High Jump Women's                 |
| 1:30 PM  | Long Jump Men's                   |
| 1:30 PM  | Discus Men's                      |

#### Track Events

|          |               |
|----------|---------------|
| 10:30 AM | 4x100 Men's   |
| 10:35 AM | 4x100 Women's |

|          |                  |
|----------|------------------|
| 10:45 AM | 1500 Men's       |
| 11:10 AM | 1500m Women's    |
| 11:40 AM | 400m Men's       |
| 11:55 AM | 400m Women's     |
| 12:10 PM | 100m Men's       |
| 12:20 PM | 100m Women's     |
| 12:30 PM | 110mH Men's      |
| 12:40 PM | 100mH Women's    |
| 12:55 PM | 800m Run Men's   |
| 1:10 PM  | 800m Run Women's |
| 1:20 PM  | 400mH Men's      |
| 1:30 PM  | 400mH Women's    |
| 1:40 PM  | 200m Men's       |
| 2:10 PM  | 200m Women's     |
| 2:40 PM  | DMR Men's        |
| 2:55 PM  | DMR Women's      |
| 3:10 PM  | 4x400m Men's     |
| 3:25 PM  | 4x400m Women's   |

\*At USC Upstate Throws Area