

**2024**

**BALAWAJDER CLASSIC COED RELAYS**

**FORMERLY BLOOMFIELD HILLS ANDOVER COED RELAYS**

**Hosted by MILFORD TRACK & FIELD**

**(Saturday, April 20th, 2024)**

**2024 BALAWAJDER CLASSIC COED RELAYS**

Date: Saturday, April 20th, 2024

Time: Coaches Meeting.....9:30 a.m.  
Concession Stand .....9:45 a.m.  
Field Events .....10:00 a.m.  
4 X 3200 Relay .....11:00 a.m.  
Brian Pickl Mile.....12:00 p.m.  
Final Running Events ..... 1:00 p.m.

Site: Memorial Field, Milford High School

Apparel: T-shirts will be sold for \$15.00 this year

Teams Participating (We limit the number of participating teams to 16 for this meet)

Birmingham Seaholm	Country Day	Farmington	Ferndale University
Milford	North Farmington	Northville	Novi
Oxford	Rochester	Rochester Adams	South Lyon
Tecumseh	West Bloomfield		

Meet Directors: Brian Salyers (Milford Head Coach)

Email: [brian.salyers@hvs.org](mailto:brian.salyers@hvs.org)

Eric Hincka (Milford Head Coach)

Email: [eric.hincka@hvs.org](mailto:eric.hincka@hvs.org)

Scoring: 8 Places (10-8-6-5-4-3-2-1)

Awards: Team Trophy for the first place team, and the runner-up.

Medals for top eight relay teams in each event. Please pick up at the **North End of Press Box**, preferably at the conclusion of the meet for the entire team.

**Field Events:** We are asking your athletes to enter your field event competitors on Athletic.net. We will post all individual Field Event marks after the meet. You Field Event Competitors will report directly to their Event to check in at their assigned time. You will enter 3 and choose 2 to compete.

**Running Events:** Please prepare a 3 x 5 card similar to the one below for each running event. These cards will be turned in **during the coaches meeting**, and seeding will be done on the track. New provisions may allow us to do coed events on A-net. We will keep coaches posted.

**BRIAN PICKL MILE**

Any entered team may bring as many "Open Runners" as they would like to run the Brian Pickl Mile. This event will not be scored. Runners entered in the Mile are not eligible for participation in the relays. We will have awards for the top finishers. Enter your Brian Pickl Mile contestants through Athletic.net.

## FIELD EVENTS INFORMATION

**Long Jump:** Each competitor will have 3 attempts in the Long Jump. Each flight will be an open pit. Boys and Girls combined during each flight.

**Flight 1 10:00-10:50**

Team A  
Team B  
Team C  
Team D

**Flight 2 11:00-11:50**

Team E  
Team F  
Team G  
Team H

**Flight 3 12:00-12:50**

Team I  
Team J  
Team K

**Throwing Events:** Each competitor in the Shot Put and the Discus will get three throws. Each competitor in the flight will make two attempts, then the competitors will repeat the rotation for their final throw (2-1 format). There will be a short warm-up time between flights. Boys and Girls combined during each flight.

**Shot Put:**

**Flight 1**

TBD

**Flight 3**

TBD

**Flight 5**

TBD

**Flight 7**

TBD

**Flight 2**

TBD

**Flight 4**

TBD

**Flight 6**

TBD

**Discus:**

**Flight 1**

TBD

**Flight 3**

TBD

**Flight 5**

TBD

**Flight 7**

TBD

**Flight 2**

TBD

**Flight 4**

TBD

**Flight 6**

TBD

**High Jump:** The Boys will jump first, and then the girls will follow after a warm-up period.

Women's Opening Height will be 4' 4"

(Raises will be as follows...4' 7", 4' 9", 4' 11" and then 1" until the end)

Men's Opening Height will be 5' 2"

(Raises will be as follows...5' 5", 5' 7", 5' 9" and then 1" until the end)

**Pole Vault:** Due to the time constraints of the Pole Vault, each competitor will be limited to 7 total attempts (even makes). Three consecutive misses still results in elimination from the competition. Competitors are encouraged to think about what heights he or she will attempt beforehand. Girls will vault first, then the boys will follow after a warm-up period.

Men's Opening Height will be 8' 0" (1<sup>st</sup> Raise to 9'0" and then raises 6" at a time)

Women's Opening Height will be 6'0" (1<sup>st</sup> Raise to 7'0" and then raises 6" at a time)

# 2024 BALAWAJDER CLASSIC COED RELAYS

## 10:00 a.m. Field Events:

Discus Relay .....	Two boys, Two girls
Shot Put Relay .....	Two boys, Two girls
High Jump Relay .....	Two boys, Two girls
Long Jump Relay .....	Two boys, Two girls
Pole Vault Relay .....	Two boys, Two girls

## 11:00 a.m. Running Events:

1. 4 X 3200 M Relay \*\*.....Boy-Girl-Boy-Girl

12:00 p.m.	Brian Pickl Mile.....	1 heat per gender
12:50 p.m.	Tribute to Gene Balawajder and Glen Edwards by Milford Coach Chris Ceresa	
12:55 p.m.	National Anthem	
1:00 p.m.	Running Events:	

1:00 pm	4 X 200 M Relay .....	Girl-Boy-Girl-Boy	2 Heats
1:15 pm	4 X 1600 M Relay.....	Boy-Girl-Boy-Girl	1 Heat
1:45 pm	Sprint Medley .....	Girl-Boy-Girl-Boy (400-200-200-400)	2 Heats
2:00 pm	4 X 800 M Relay .....	Boy-Girl-Boy-Girl	1 Heat
2:25 pm	Shuttle Hurdle Relay *** .....	Boy-Girl-Boy-Girl	4 Heats
2:50 pm	Shot/Discus 4 x 200 M Relay .....	Boy-Girl-Boy-Girl (Shot & Discus Entries Only)	2 Heats
3:00 pm	Distance Medley Relay.....	Girl-Boy-Girl-Boy (1200-400-800-1600)	1 Heat
3:20 pm	4 X 100 M Relay .....	Boy-Girl-Boy-Girl	2 Heats
3:30 pm	4 X 400 M Relay .....	Girl-Boy-Girl-Boy	2 Heats

\* All teams should provide their own baton.

\*\* On the track w/ a baton. Attached you will find a splits sheet for the 4 x 3200 relay. Each team is responsible for placing someone at the finish line to write down the running time for each athlete as they pass the line. *After the race please turn these in to the press box.*

\*\*\* Shuttle Hurdles: all contestants will run 100 meters. The hurdles for the boys will be spaced at 110 Hurdle distance. The hurdles for all participants will be set at the low height for each gender (30" for girls, 33" for boys). There will be a break line used for exchanges.

## **ANDOVER RELAYS HISTORY**

<b><u>YEAR</u></b>	<b><u>CHAMPION</u></b>	<b><u>RUNNER-UP</u></b>
1980	Milford High School	Royal Oak Dondero
1981	Royal Oak Dondero	Rochester High School
1982	Milford High School	Rochester High School
1983	Rochester High School	Clarkston High School
1984	Rochester High School	Pontiac Northern High School
1985	Clarkston High School	Milford High School
1986	Rochester High School	Clarkston High School
1987	Clarkston High School	Rochester High School
1988	Rochester High School	Clarkston High School
1989	Milford High School	Clarkston High School
1990	Milford High School	Clarkston High School
1991	Pontiac Northern High School	Milford High School
1994	Rochester Adams High School	Clarkston High School
1995	Milford High School	Rochester Adams High School
1996	Rochester Adams High School	Rochester High School
1998	Milford High School	Rochester Adams High School
1999	Milford High School	Pontiac Northern High School
2000	Rochester Adams High School	Milford High School
2001	Milford High School	Clarkston High School
2002	Milford High School	Clarkston High School
2004	Milford High School	Rochester High School
2005	Milford High School	Lake Orion High School

## **Balawajder Classic History**

<b><u>YEAR</u></b>	<b><u>CHAMPION</u></b>	<b><u>RUNNER-UP</u></b>
2006	Milford High School	Howell High School
2007	Saline High School	Milford High School
2008	West Bloomfield High School	Williamston High School
2009	Saline High School	Pinckney High School
2010	Saline High School	Monroe High School
2011	Saline High School	Williamston High School
2012	Saline High School	Milford High School
2013	Milford High School	Novi High School
2014	Milford High School	Lake Orion High School
2015	Milford High School	Waterford Mott High School
2016	Lakeland High School	Northville High School
2017	Lakeland High School	Bay City Western High School
2018	Northville High School	Waterford Mott High School
2021	Northville High School	Milford High School
2022	Northville High School	Farmington High School
2023	Northville High School	Milford High School

## Balawajder Classic Coed Relay MEET RECORDS

(Carried Over from the Andover Meet)

<u>Event</u>	<u>School</u>	<u>Time/Distance</u>	<u>Year</u>
Discus Relay	Milford (Clark, Wallace, Shove, Gustafson)	494' 03"	2014
High Jump Relay	Lakeland (Stemple, Respond, Stemple, Keller)	22' 7"	2014
Long Jump Relay	Rochester (Tevlin, Warholak, Knight, Childers)	73' 11.5"	1986
Shot Put Relay	Milford (Dean, Clutterbuck, Evans, Ceresa)	162' 6"	1981
Pole Vault Relay	Dexter (Horner, Hering, Tweeksloy, Conter)	50' 0"	2011
4 X 3200 Meter Relay	Northville (Naughton, Barrott, Cracraft, Barrott)	41:38.5	2016
4 X 200 Meter Relay	West Bloomfield (Ariguzzo, Bolden, Patton, Davis)	1:37.1	2008
4 x 1600 Meter Relay	Troy (Yau, Moriset, Atchoo, Green)	19:06.3	2009
Sprint Medley Relay (400-200-200-400)	West Bloomfield (McConnly, Washington, Keels, Bolden)	2:39.5	2009
4 X 800 Meter Relay	Seaholm (Gomez, Dadamio, Howard, A-Wilberding)	8:38.2	2012
Shuttle Hurdle Relay	West Bloomfield (Greenman, Richardson, Doughty, Ariguzzo)	58.3	2007
Shot/Discus Relay (4 x 200 Meters)	Milford (Costello, Dworek, Stanley, Lamb)	1:44.3	1986
	Milford (D-Wallace, K-Slaughter, B-Wallace, C-Slaughter)	1:44.3	2012
Distance Medley Relay (800-400-1200-1600)	Milford (Rabedeau, Bednarsh, Green, Andersen)	11:27.3	2005
4 X 100 Meter Relay	Williamston (Seminski, Nash, Delos-Reyes, Duffey)	46.5	2007
4 X 400 Meter Relay	Pontiac Northern (Lumpkin, Hodge, Wilson, McFerrin)	3:42.5	1986

## Track Marking and Facility Information

### Relay zone colors

4x100 is Gold

4x200 is Green-Green-Gold

4x400 is Black

4x800 is Black

4x100 & 4x200 exchange zones are 30 meters and do not have acceleration marks.

### Staggers for races

#### **4 X 200 M Relay .....Girl-Boy-Girl-Boy**

4 turn stagger (lanes all the way). White with Green Line Start

Exchange Zone 1 is Green, Exchange Zone 2 is Green, and Exchange Zone 3 is Gold

#### **4 X 1600 M Relay.....Boy-Girl-Boy-Girl**

1 turn double waterfall start will be used with teams in each alley divided by a green dash inside lane 5

All exchanges will be black triangles divided by the start finish line

#### **Sprint Medley .....Girl-Boy-Girl-Boy (400-200-200-400)**

The first 3 legs will comprise a 4 turn stagger and run in lanes all the way.

The final 400 meter leg will be permitted to cut into lane one when a clear path to lane 1 is open.

There is no acceleration zone for #4 runner

Exchange Zone 1 is Green, Exchange Zone 2 is Gold, and Exchange Zone 3 is Black

#### **4 X 800 M Relay .....Boy-Girl-Boy-Girl**

1 turn double waterfall start will be used with teams in each alley divided by a green dash inside lane 5

All exchanges will be black triangles divided by the start finish line

#### **Shuttle Hurdle Relay \*\* .....Boy-Girl-Boy-Girl**

We will run up to 3 teams at a time using lanes 1&2, 4&5, 7&8 with a lane in between each.

Male runners will run to the North (opposite of normal) while girls will run in a normal direction.

#### **Shot/Discus 4 x 200 M Relay .....Boy-Girl-Boy-Girl (Shot & Discus Entries Only)**

4 turn stagger (lanes all the way). White with Green Line Start

Exchange Zone 1 is Green, Exchange Zone 2 is Green, and Exchange Zone 3 is Gold

#### **Distance Medley Relay.....Girl-Boy-Girl-Boy (1200-400-800-1600)**

1 turn double waterfall start will be used with teams in each alley divided by a green dash inside lane 5

All exchanges will be black triangles divided by the start finish line

#### **4 X 100 M Relay .....Boy-Girl-Boy-Girl**

2 turn stagger (lanes all the way). White with White start line

Gold exchange zones all the way, exchange zones are 30 meters and do not have acceleration marks.

#### **4 X 400 M Relay .....Girl-Boy-Girl-Boy**

3 turn stagger (lanes all the way). White with Black Line Start

First runner lanes all the way passing in the staggered black triangles

Second runner cuts in after passing the green and white dashed line as you enter the back stretch

# *In Loving Memory*



*Gene Balawajder*

*1943-2006*

## **In remembrance of Coach Gene Balawajder**

It seems it's been forever since the first time that we met;  
We've shared some days together, that we never will forget;  
There was work and there was laughter;  
There were tears and triumphs, too;  
Successes and disasters, But we always made it through.  
Yes, we worked to make it last, and sure we had to strive;  
But, God, our blood ran hot and fast and God, we felt alive!  
It's those moments we'll rely on; that describe the way we feel.  
For we started out as iron and ended up as steel.  
And now in days that yet will dawn, we'll never be apart,  
As these memories we'll carry with a smile in our hearts.  
Please take our wishes with you for blessings from above;  
For happiness in all you've touched;  
But most of all..... for Love.

*Teacher ~ Coach ~ Mentor ~ Friend*