



MAY 1 and 2, 2020

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

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The 95th Annual Howard Wood Dakota Relays will be held on Friday, May 1 and Saturday, May 2, 2020. 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 2020 Howard Wood Dakota Relays.

FIELD EVENTS

Field events will be an open division with no limits.

INDIVIDUAL RUNNING EVENTS

Running events will be an open division and limited to 8 per event. No changes or substitutions will be made the day(s) of the meet. Only scratches will be allowed.

RELAYS

Relays will be an open division and limited to 2 teams per school, per event. When entering relay teams, remember that all contestants, even if they are running in a relay only, must be entered in order to get a competitor number.

ENTRY FEE

\$50.00 per individual and/or relay, not to exceed \$200 per gender, per team. Entry fees may be paid online via Direct Athletics 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 22, 2020** to ensure it arrives prior to meet.

RESULTS

Live results at results.dakotatiming.com

MEET INFORMATION

- 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.

REGISTRATION PROCEDURE

The Howard Wood Dakota Relays will utilize Direct Athletics for all our College/University/Unattached Entries. Registration will open at **8:00 AM** on **Monday, March 30, 2020** and close at **9:00 AM** on **Tuesday, April 28, 2020**.

On the Direct Athletics homepage, click on "Sign Up" at the top.

Click on the type of account being set up (Coaches use "Team Account", Unattached Athletes use "Athlete Account").

Follow the steps by providing all pertinent information, and once your account has been made, log in.

To add athletes to your roster, click on the "Team" tab at the top. Then click on the green tab, "Add", located under "TEAM ROSTER".

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

KEY DATES AND TIMES

Monday, March 30, 2020

Wednesday, April 22, 2020

Tuesday, April 28, 2020

Wednesday, April 29, 2020

Thursday, April 30, 2020

Online Registration Opens at **8:00 AM** (Direct Athletics)

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 scratches due to linda.hengeveld@k12.sd.us by 1:00 PM.

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.

IMPLEMENT WEIGH-IN TIMES

U-C Men Hammer	8:00 am to 9:00 am	Friday, May 1
U-C Women Hammer	10:00 am to 11:00 am	Friday, May 1
U-C Men Discus	12:00 pm to 1:00 pm	Friday, May 1
U-C Women Discus	2:00 pm to 3:00 pm	Friday, May 1
U-C Men Javelin	4:00 pm to 5:00 pm	Friday, May 1
U-C Women Javelin	5:30 pm to 6:30 pm	Friday, May 1
U-C Women Shot Put	9:00 am to 10:00 am	Saturday, May 2
U-C Men Shot Put	11:00 am to 12:00 pm	Saturday, May 2

ENTRY VERIFICATION

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.

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

April 30-May 1, 2021
May 6-7, 2022
May 5-6, 2023
May 3-4, 2024
May 2-3, 2025

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