



EMBRACE SPORTZ RELAYS
May 24th, 2025
John Glenn High School
36105 Marquette St, Westland, MI 48185

MEET DESCRIPTION

With the nation's leading youth track athletes commencing on a unified platform, the Embrace Sportz Relays defies conventional meets. Uniting talent to present an eventful relay meet that will feature mix gender events, these teams will display incomparable and unhinged skill through racing, for not only a grand prize of a team title trophy granted to their respective programs but the pride in resilient performance and an unforgettable experience. This is a age 14 and Under meet for middle school and elementary and clubs.

FACILITY

Beynon Track Surface: 8-42" Lanes: Maximum Spike Length ¼"

MEET CONDUCT

All events will be final. Top 3 teams in each event will be scored

***ALL CO-ED RELAYS MUST INCLUDE 2 WOMEN & 2 MEN.**

***ROLLING SCHEDULE -SOME EVENTS WILL BE COMBINED BASED ON NUMBER OF PARTICIPANTS**

ENTRY INFORMATION

NO FAX OR PHONE entries will be accepted. Entries must be submitted through athletic.net. Please see enclosed instructions. Each Team/Individual should have a username & password. **All entries must be received no later than Thursday, May 24th, at 12:00pm EST.**

ENTRY FEES:

- **\$20 per athlete**
- **Non-athlete gate Entry: \$10**

EVENT CHECK-IN

- Running event participants must check-in with the meet clerk of the course, no later than 30 minutes prior to the start of the scheduled event or they will be scratched.

WARM-UP AREAS

All Warm-ups must be conducted in designated warm-up areas on the field.

Awards- There will be awards for 1st-3rd place and Team trophies for middle-school and elementary division

***mixed relays must have 2 boys and 2 girls; There are exceptions must contact meet director**



<p style="text-align: center;">Field Events LJ and Shotput 9:30am Running Events start 10:00 am <i>Rolling Schedule</i></p>	
<p>4x400m Mixed Relay 1st-2nd grade 3rd-5th grade 6-8th grade</p>	
<p>100m Semi-Final Elementary</p> <ul style="list-style-type: none"> ● 1st-2nd grade ● 3-5th grade ● 6-8th grade 	
<p>Mile run Middle School</p> <ul style="list-style-type: none"> ● girls/boys 	
<p>4x100 Relay (Mixed Relay)</p> <ul style="list-style-type: none"> ● 1st-2nd grade ● 3rd-5th grade ● 6-8th grade 	
<p>400M Timed Final</p> <ul style="list-style-type: none"> ● 1st-2nd grade ● 3-5th grade ● 6-8th grade 	
<p>800M</p> <ul style="list-style-type: none"> ● 3rd-5th ● 6th-8th 	
<p>1600mSMR(200, 200, 400, 800) Middle School Mixed Relay</p>	
<p>Intermission</p> <ul style="list-style-type: none"> ● Parents Coaches Relay Mixed 	
<p>200M timed Final</p>	



<ul style="list-style-type: none">• 1st-2nd grade• 3-5th grade• 6-8th grade	
4x800 Middle School only Mixed Relay	
100m Final <ul style="list-style-type: none">• 1st-2nd grade• 3rd-5th grade• 6th-8th grade	

AWARD CEREMONY post meet

ALL CO-ED RELAYS MUST HAVE 2 GIRLS AND 2 BOYS; There are exceptions please contact Meet Director

