

## Alternates – Mt SAC Relays

**The alternates are listed for the Sprints, Hurdles and 4x100, 4x400, SH, and SMR relays in the order they will be placed if there is a scratch in either the Invitational or Seeded section of their event.**

If a scratch occurs during the week, the coach of the alternate will be notified via email.

On the day of the meet, alternates should warm-up and report to the Clerk 30 minutes prior to the time listed for their event. The Clerk will begin calling alternates in the order listed for any scratches about 15 minutes prior to the start time for the event. If the first alternate does not immediately report, the second alternate will be called, and so on.

We have pared down the alternate list to no more than 8 per event—some events less. We did this because experience has shown that those athletes listed as the 9<sup>th</sup> or 10<sup>th</sup>, etc. alternates never get placed into the meet, so are trying to be sensitive and letting those athletes know they will not be placed into the meet.

There are no alternates for the field events and the distance races—we made those fields slightly larger than we actually want them to be counting that there will be scratches during the meet and on meet day.

There will no more athletes added to the alternate list this week or on meet day.