

Mixed 4x400 added to Eastwood Relays

By Kevin Gordon

The Eastwood Relays will have a new event this season.

A mixed 4x400 relay will finish the relays Friday night.

Girls will run the first two legs of the relay and boys will run the last two legs, according to rules from the National Federation of High School Associations and the Ohio High School Athletic Association.

The relays start with the seated shot put at 4 p.m. The remainder of the field events are at 4:15 p.m., followed by the running events at 5 p.m.

Joining the Eagles in the 14-team meet are: Anthony Wayne, Bowling Green, Cardinal Stritch, Findlay, Liberty-Benton, Napoleon, Northview, Perkins, Rogers, Southview, Start and Whitmer.

Mixed relays were approved in July by the NFHSA and the OHSAA.

"I'm thrilled they approved it. It's something I've wanted to do since 2014," Eastwood boys head coach Brian Sabo said. "I thought about it a long time ago, but doing it would have been illegal. It's always been something I've wanted to do"

Sabo planned on running the mixed 4x400 in the relays last season, but it still hadn't been approved by the NFHSA and the OHSAA.

All relays, including the shuttle hurdles, can be run as mixed events under OHSAA rules.

The traditional 4x400 relay already is the signature event of both Eagle programs.

"I'm excited about it, and the kids I've talked to are excited about it," Sabo said. "Everyone is looking forward to it. Our kids would like to have more mixed relay events, but we're going to keep it at just the one."

The mixed relay will be scored on a 10-8-6-5-4-3-2-1 basis like every other event, but the points will be divided evenly under OHSAA rules, Sabo said. The winning team will earn five points for its girls team and five points its boys team.

The mixed 4x400 will be the last event of the meet.

The traditional girls 4x400 and boys 4x400 will still be held and be the next-to-last event.

The Eastwood Relays also have a combined team champion, going to the school that has the most points between its girls and boys teams combined.

"Even though our programs are separate, we are a combined program," Sabo said. "We support each other, cheer for each other, we practice together and we coach together."

The World Track and Field Championships had a mixed 4x400 relay for the first time in 2019, and the Olympics had the event for the first time in 2020.

EASTWOOD RELAYS INFORMATION

<https://www.baumspage.com/track/trevent.php?peventid=830&table=C>