



TITANOMACHY

EPG PENTATHLON

4-19-2019

Titanomachy

Meaning “War of the Titans”, the Titanomachy was the mythical battle between the Greek gods to determine who would rule the universe. While event coaches often claim that their jumper, thrower, sprinter, or runner is the best all-around athlete, few contests have put these claims to the test... until now.

The EPG Titanomachy will pit the best of the best against one another in a grueling five-event test of strength, speed, agility, and endurance. If chosen, athletes will compete in the hurdles, shot put, 100M dash, long jump, and either the 800 or 1500 all in one night. Performances will be scored using USATF combined events calculator (found at www.usatf.org/statistics/calculators/combinedEventsScoring/) and at the end of the night we will crown the highest scoring athlete as the Champion. Pentathlon capped at 24 entries per gender.

PENATHLETES MAY NOT BE ENTERED IN ANY OTHER EVENTS.

Titans Relays

While the Titanomachy Pentathlon is under way, we will also hold competitions in the following relay events:

- **Discus Relay**- four boys or four girls share ten attempts, top mark from each of the four added to determine winner. Entries capped at 12 teams. Teams will be matched in head-to-head contests, alternating ten throws.
- **Thunder & Lightning:** Throwers Relay- two boys and two girls share ten attempts in shot put, top mark from each added together, then the four will run a 4x1 and subtract their time from their total distance to determine winner (e.g. 35' + 32' +40' + 50'6" = 157'6" – 55.28 = 151.22 final score- faster times subtract less from the distance). Teams will be matched in head-to-head contests for the throwing, and in heats for the 4x1. Entries capped at 16 teams.
- **Coed Altius Relay**- Two girl high jumpers and two boy high jumpers **places** are added together (like cross country) and the lowest scoring team wins (ties broken by combined height). Partial teams will have unfilled spots scored as total number of entries +1. Entries capped at 16 teams.
- **Coed Pole Vault**- Girls and boys will vault together, top three girls and top three boys will earn medals.
- **Coed Hurdle Shuttle Relay**- Two boys and two girls will race in a hurdle shuttle- girl, girl, boy, boy. The first girl and boy will run from the finish line to the start line (incorrect distance to first hurdle).
- **Sprint Medley**- Four girls or four boys run legs of 100-100-200-400. Entries capped at 24 entries.
- **Distance Medley Relay**- Four girls or four boys run legs of 1200-400-800-1600. Entries capped at 16 teams.

- **Open Pit BBQ Challenge-** We will open the sand pit to all long and triple jumpers at 3:30pm for steps and warmups and will measure any and all attempts from 4:00pm to 8:00pm EXCEPT when the Pentathletes are at the pit. The jumper (one girl and one boy) with the farthest combined distance (long and triple) will be deemed Queen or King of the Pit and awarded a BBQ Sandwich meal from the concession stand.
- **Gauntlet Mile-** Towards the end of the night we will allow athletes and fans an opportunity to line the track for our lone individual event of the night- the Gauntlet Mile. A true mile (1609.34 meters) will be contested by the top sixteen entrants for both girls and boys in one heat of each. Slower heats of the Mile will be conducted earlier in the meet.

Entries

An entry form will be emailed for the coach to fill out and return to michaeljmelick@gmail.com.

Time Schedule

Titanomachy	Track Relays	Field Relays
4:30pm Opening Ceremonies: Introducing the Athletes	4:30pm Warmups	3:30pm Warmups
5:00pm Hurdles	5:15pm Hurdle Shuttle Relay	4:00pm Boys Discus Coed Open Pit BBQ Challenge
5:15pm Girls Shot Put Boys Long Jump	5:30pm Distance Medley Relay	4:30pm Thunder & Lightning Shot Put
6:30pm 100M Dash	6:15pm Sprint Medley Relay	Also at 4:30pm Coed High Jump High Opening Coed Pole Vault
6:40pm Girls Long Jump Boys Shot Put	7:15pm Early Heat of Gauntlet Mile	6:15pm Low Opening Coed Pole Vault
8:15pm 800/1500M Run	7:35pm Thunder & Lightning 4x1	6:30pm Girls Discus (or as soon as the ring is available)
8:45pm Closing Ceremonies Crowning of the Champions	8:00pm Gauntlet Mile Final Heat	8:00pm Open Pit BBQ Challenge Closes

Entry Costs

- \$200 per school for as many entries as you would like. Some entries may be cut if entry limits are exceeded.
- Individual Pentathlete Entries- contact Coach Melick @ michaeljmelick@gmail.com

Awards

- Medallions will be awarded to the four competitors from the top three relay teams.
- The top eight of each gender overall in the Gauntlet Mile will receive a medallion.
- The Top Eight scorers in the Titanomachy will earn a kotinos, a medallion, and a place on the podium during the awards ceremony.
- The Champion of the Titanomachy will receive a handmade Greek vase depicting the events of the pentathlon in a classic Greek style.

Registration

Registration forms will be emailed to coaches the week before the Titanomachy and will need to be returned by noon on Thursday, April 18.

Photos, jersey sizes, and projected stats for potential Pentathletes should be sent by Friday, April 12 so appropriate hyping of athletes can be made.

The meet takes place under National High School Federation rules and Illinois High School Association rules. All participants must represent their high school and compete in their high school uniform. “Unattached” competition is not allowed.