SWEETWATER COED RELAYS

DATE: March 22, 2014

SITE: Sweetwater High School
2900 Highland Avenue
National City, CA 91950

NOTE: - 8 lane polyurethane all-weather track with concrete discus and shot put areas
- automatic timing

TIME: 1 PM – 6:30 PM

MEET MANAGEMENT: Tim Latham
Sweetwater Coaching Staff

ENTRY FEE: $110 per team or $220 for both boys & girls

AWARDS: Team awards to top three teams in each division.
Medals to top three relays in each event. (running & field)

SCORING: Relays 10 – 8 – 6 – 4 – 2 – 1

NOTE: Some running relays are coed.

Field event relays are Co-ed with two boys and two girls from each school combining for results.

Two divisions based on school enrollment (CBED’s).

Entries accepted on a first paid basis. You may return this entry form to convey interest, but your spot is not reserved until check is received. Entries will be limited to 16 teams. Sorry, no refunds to teams that drop out.

3/16” (or smaller) needle point spikes ONLY
## ORDER OF EVENTS

<table>
<thead>
<tr>
<th>NO.</th>
<th>TIME</th>
<th>EVENT</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2:00</td>
<td>Coed Shuttle Hurdles</td>
<td>Boy-Girl-Boy-Girl</td>
</tr>
<tr>
<td>2</td>
<td>2:30</td>
<td>Frosh/Soph Coed Mid-Distance</td>
<td>B800-G400-B400-G800</td>
</tr>
<tr>
<td>3</td>
<td>2:50</td>
<td>Girls 400 Meter Relay</td>
<td>4 x 100</td>
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<tr>
<td>4</td>
<td>3:00</td>
<td>Boys 400 Meter Relay</td>
<td>4 x 100</td>
</tr>
<tr>
<td>5</td>
<td>3:10</td>
<td>Girls Distance Medley</td>
<td>1200-400-800-1600</td>
</tr>
<tr>
<td>6</td>
<td>3:50</td>
<td>Girls Frosh/Soph Sprint Medley</td>
<td>200-100-100-400</td>
</tr>
<tr>
<td>7</td>
<td>4:05</td>
<td>Boys Frosh/Soph Sprint Medley</td>
<td>200-100-100-400</td>
</tr>
<tr>
<td>8</td>
<td>4:20</td>
<td>Girls 800 Meter Relay</td>
<td>4 x 200</td>
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<td>9</td>
<td>4:25</td>
<td>Boys 800 Meter Relay</td>
<td>4 x 200</td>
</tr>
<tr>
<td>10</td>
<td>4:40</td>
<td>Coed 3200 Meter Relay</td>
<td>B800-G800-B800-G800</td>
</tr>
<tr>
<td>11</td>
<td>4:55</td>
<td>Girls Varsity Sprint Medley</td>
<td>200-100-100-400</td>
</tr>
<tr>
<td>12</td>
<td>5:15</td>
<td>Boys Varsity Sprint Medley</td>
<td>200-100-100-400</td>
</tr>
<tr>
<td>13</td>
<td>5:30</td>
<td>Boys 6400 Meter Relay</td>
<td>4 x 1600</td>
</tr>
<tr>
<td>14</td>
<td>6:00</td>
<td>Girls Mile Relay</td>
<td>4 x 440</td>
</tr>
<tr>
<td>15</td>
<td>6:20</td>
<td>Boys Mile Relay</td>
<td>4 x 440</td>
</tr>
</tbody>
</table>

### FIELD EVENT RELAYS

(beginning at 1:00 PM)

- LONG JUMP
- SHOT PUT
- DISCUS
- HIGH JUMP
- POLE VAULT

(beginning at 3:30 PM)

- TRIPLE JUMP
SWEETWATER RELAYS
ENTRY FORM

SCHOOL: _______________________________________

BOYS: ______
GIRLS: ______

COACHES:

BOYS __________________________________________

PHONE __________________
E-MAIL __________________

GIRLS _________________________________________

PHONE __________________
E-MAIL __________________

ENTRY: $110 per team or $220 for both Girls and Boys Teams.
NOTE: Entry is not secured until entry fee is received.

MAKE CHECK PAYABLE TO: SWEETWATER RELAYS

MAIL TO: SWEETWATER HIGH SCHOOL
C/O TIM LATHAM
2900 HIGHLAND AVENUE
NATIONAL CITY, CA 91950