

SWEETWATER COED RELAYS

DATE: *March 21, 2015*

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: *\$120 per team or \$240 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

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

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: *\$120 per team or \$240 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*