

7th Annual

Mission Hills Grizzly Invitational Relays

Date: April 20th, 2012 (Saturday)

Time: 9:00 AM Field/10:00 AM Track

Location: 1 Mission Hills Ct, San Marcos, 92069



Relays:

- Coed Sprint Medley (100G,100B,200G,400B)
- Coed 4x200 Meter (GBGB)
- Coed 4x200 Frosh/Soph relay (GBGB)
- Coed 4x400 Meter (BGBG)
- Coed Mid-Distance Medley (G800, G400, B800, B400)
- Coed Shuttle Hurdles
 - Legs 1 and 3 will be Girls legs...100H, with 10m added on at the end
 - Legs 2 and 4 will be Boys legs 110HH
- Coed Weight Relay (GBGB)
- Coed DMR. (G1200, B400, G800, B1600)
- **“Grizzly takes the Hindmost” 8 lap race** (2 entries per team per gender...this is not a coed race)
 - Halfway through each lap an announcement of how many runners will be eliminated will be made (no cuts 1st lap) *ex: “We are going to cut 3 this lap”*
 - At the end of the lap that many runners will be trimmed off the back of the field. *Ex: The last 3 runners across the finish line that lap will be asked to step off the track*
 - This is a unique and fun race! It is the last distance event of the day.
- Long Jump, Triple Jump, High Jump, Shot Put and Discus will all be scored as a 4 person relay (2 boys, 2 girls) with the marks added together to determine the winner.

Invitational:

- 1600m (top 12 marks qualify)
- 100m Dash (top 9 marks qualify)
- 300m Hurdles (top 9 marks qualify)
- Pole vault (top 15 marks qualify)

Scoring: The meet will be scored with Hy-Tek using a 10-8-6-4-2-1 scoring system. FinishLynx will also be used to give Fully Automatic Marks.

Awards: Medals to the top 3 in each relay, top 4 in each Invitational event.
Trophies will be awarded to the top 2 overall coed teams (combining Relays and Invitational events).

Fee: \$250/team (both Boys and Girls are included in this price since the races are mostly coed). \$15/individual athletes. Please Make checks Payable to: **“Mission Hills Track”**. First 18 teams will gain meet entry.

Contact Info:

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