SWEETWATER COED RELAYS

<u>DATE</u>: *March* 21, 2015

<u>SITE</u>: 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

<u>TIME</u>: 1 *PM* - 6:30 *PM*

MEET Tim Latham

MANAGEMENT: 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)

<u>SCORING</u>: 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.

ORDER OF EVENTS

NO.	TIME	EVENT	
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

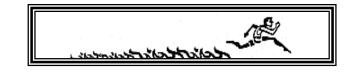
FIELD EVENT RELAYS

(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	S:	
GIRL	S:	
COACHES:		
BOYS	<u> </u>	
	PHONE E-MAIL	
GIRL	.S	
	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 CHE	CK PAYABLE TO: SWEETWATER RELAYS	
MAIL TO:	SWEETWATER HIGH SCHOOL C/O TIM LATHAM 2900 HIGHLAND AVENUE	

NATIONAL CITY, CA 91950