

WILDCAT RELAYS '10

Coaches,

It's that time of year again, and we are preparing for the 39th version of the states' longest running, relay only track meet. This is a great early season test for your teams and will include 30 other teams from the area.

All you need to do is enter your team in a division by writing in the name of your school, then check off each relay entered. The names of each relay team member will not be needed until the day of the meet. Please be sure that any one athlete is NOT entered in more than four (4) events as this will lead to disqualification of all teams in which that athlete participated.

You will want to make a copy of your entry forms as this will help you keep track of your athletes.

*Please note that the 1600m (4 x 400m) Hurdle Relay event is coed (Varsity boy – Varsity girl – Varsity girl – Varsity boy). Points will be divided evenly between Varsity boys and girls divisions. The hurdle height is set at 30".

**This year we are NOT allowing extra teams in any event. Only one team (3 members or less) for field events and one team (4 members or less for the 12,800m Relay) for running events.

Awards

Plaques will be awarded to the winning teams in each division as well as the overall combined team champion. Medals are awarded for first through sixth place in the Varsity divisions, and first through third place in the Frosh/Soph division. There will be an awards table where a member of a placing team may pick up their medals as soon as the final results are announced. In addition to placing medals, we will again be giving out awards to the top performer in a field event (and 3200m).

Entry Fees

Enclosed you will find an entry fee slip that will help you determine your total entry costs. Please mail or fax this with your entries.

Entry fee per division	\$100.00
Individual team entry	\$20.00 per relay event
3 Divisions	\$250.00 max

PLEASE NOTE THAT THE TIME SCHEDULE IS APPROXIMATE.
PLEASE ALLOW FOR ANY UNFORSEEN TIME CHANGES

ENTRY DEADLINE IS TUESDAY, MARCH 9

WILDCAT RELAYS

39th Annual

Order of Events

Saturday, March 13th

DIVISION	EVENT	DESCRIPTION	TIME
Varsity	12,800m Relay	4 x 3200m	9:00am
Girls	12,800m Relay	4 x 3200m	
F-S	12,800m Relay	4 x 3200m	
Varsity/Girls (Coed)	1600m Hurdle Relay	4 x 400m Hurdles (B-G-G-B)	
Varsity	400m Relay	4 x 100m	
Girls	400m Relay	4 x 100m	
F-S	400m Relay	4 x 100m	
Varsity	3200m Relay	4 x 800m	
Girls	3200m Relay	4 x 800m	
F-S	3200m Relay	4 x 800m	
	Lunch Break		
Varsity	Sprint Medley Relay	400m – 200m – 200m – 800m	
Girls	Sprint Medley Relay	400m – 200m – 200m – 800m	
F-S	Sprint Medley Relay	400m – 200m – 200m – 800m	
Varsity	440m Shuttle Hurdles	4 x 110m High Hurdles	
Girls	400m Shuttle Hurdles	4 x 100m High Hurdles	
F-S	260m Shuttle Hurdles	4 x 65m High Hurdles	
Varsity	800m Relay	4 x 200m	
Girls	800m Relay	4 x 200m	
F-S	800m Relay	4 x 200m	
Varsity	Distance Medley Relay	1200m – 400m – 800m – 1600m	
Girls	Distance Medley Relay	1200m – 400m – 800m – 1600m	
F-S	Distance Medley Relay	1200m – 400m – 800m – 1600m	
Varsity	1600m Relay	4 x 400m	
Girls	1600m Relay	4 x 400m	
F-S	1600m Relay	4 x 400m	

Girls	High Jump	9:00	F-S	Shot Put	10:00
F-S	High Jump	Following Girls	Varsity	Shot Put	Following F-S
Varsity	High Jump	Following F-S	Girls	Shot Put	Following Vars
F-S	Long Jump	9:00	Varsity	Discus	9:00
Varsity	Long Jump	Following F-S	Girls	Discus	Following Vars
Girls	Long Jump	Following Vars	F-S	Discus	Following Girls
Varsity	Triple Jump	9:00	Varsity	Pole Vault	9:00
Girls	Triple Jump	Following Vars	Girls	Pole Vault	Following Vars
F-S	Triple Jump	Following Girls	F-S	Pole Vault	Following Girls

All Track Events are Composed of 4-Person Relay Teams
 All Field Events are Composed of 3-Person Relay Teams

2010 Wildcat Relays Entries

SCHOOL NAME :

(Please fax to (831) 761-6013)

Please Check Events Entered

Varsity Boys

- | | | |
|---|--|--|
| <input type="checkbox"/> 400 Meter Relay | <input type="checkbox"/> Sprint Medley Relay | <input type="checkbox"/> Long Jump Relay |
| <input type="checkbox"/> 800 Meter Relay | <input type="checkbox"/> Distance Medley Relay | <input type="checkbox"/> Triple Jump Relay |
| <input type="checkbox"/> 1600 Meter Relay | <input type="checkbox"/> Shuttle Hurdle Relay | <input type="checkbox"/> High Jump Relay |
| <input type="checkbox"/> 3200 Meter Relay | <input type="checkbox"/> Coed Hurdle Relay | <input type="checkbox"/> Shot Put Relay |
| <input type="checkbox"/> 12,800 Meter Relay | <input type="checkbox"/> Pole Vault Relay | <input type="checkbox"/> Discus Relay |

Please Check Events Entered

Varsity Girls

- | | | |
|---|--|--|
| <input type="checkbox"/> 400 Meter Relay | <input type="checkbox"/> Sprint Medley Relay | <input type="checkbox"/> Long Jump Relay |
| <input type="checkbox"/> 800 Meter Relay | <input type="checkbox"/> Distance Medley Relay | <input type="checkbox"/> Triple Jump Relay |
| <input type="checkbox"/> 1600 Meter Relay | <input type="checkbox"/> Shuttle Hurdle Relay | <input type="checkbox"/> High Jump Relay |
| <input type="checkbox"/> 3200 Meter Relay | | <input type="checkbox"/> Shot Put Relay |
| <input type="checkbox"/> 12,800 Meter Relay | <input type="checkbox"/> Pole Vault Relay | <input type="checkbox"/> Discus Relay |

Please Check Events Entered

Frosh-Soph Boys

- | | | |
|---|--|--|
| <input type="checkbox"/> 400 Meter Relay | <input type="checkbox"/> Sprint Medley Relay | <input type="checkbox"/> Long Jump Relay |
| <input type="checkbox"/> 800 Meter Relay | <input type="checkbox"/> Distance Medley Relay | <input type="checkbox"/> Triple Jump Relay |
| <input type="checkbox"/> 1600 Meter Relay | <input type="checkbox"/> Shuttle Hurdle Relay | <input type="checkbox"/> High Jump Relay |
| <input type="checkbox"/> 3200 Meter Relay | | <input type="checkbox"/> Shot Put Relay |
| <input type="checkbox"/> 12,800 Meter Relay | <input type="checkbox"/> Pole Vault Relay | <input type="checkbox"/> Discus Relay |

