

# RETURN BY FRIDAY MARCH 7!!!

## MAVERICK RELAYS 2003

**Please fill out and return before March 7, 2003**

We the undersigned, hereby agree to uphold our commitment to pay entry fees and field a team for the Maverick Relays to be held on **Saturday, March 22, 2002** at La Costa Canyon High School.

We fully understand that our signatures below guarantee our intent to participate in the Maverick Relays and fulfill our financial obligation of \$120.00 per team or \$220 for both Boys and Girls teams,

\_\_\_\_\_ Yes, we plan to attend\*.      \_\_\_\_\_ No, we cannot attend this year.

\_\_\_\_\_  
School

\_\_\_\_\_  
School Phone

\_\_\_\_\_  
Coach

\_\_\_\_\_  
Coach's Phone

\_\_\_\_\_  
Email Address

\_\_\_\_\_  
Coach's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Athletic Director Signature

\_\_\_\_\_  
Date

I'm interested in our athletes competing in (circle all that apply):

Jumps (VB, VG)

Throws (VB, VG)

PV (VB, VG)

400m Relay (VB, VG)

800m Relay (VB, VG)

1600mRun (VB, VG)

Sprint Medley (VB, VG, F/S)

Distance Medley (VB, VG, F/S)

3200m Run

1600m Relay (VB, VG)

3200m Relay

Shuttle Hurdles

100mDash (VB, VG)

300mHurdles (VB, VG)

**Make checks payable to:    LCC**

**Mail to:**

**LCC – MAVERICK RELAYS**  
3451 Camino de los Coches  
Carlsbad, CA 92009

\*You can fax your signed entry form to secure your team. **Fax: (760) 942-5199**

# MAVERICK RELAYS 2003

School \_\_\_\_\_ Coach \_\_\_\_\_

Division: **GIRLS VARSITY**

## Track Events:

9:00 Coed Shuttle Hurdles \_\_\_\_\_  
(Varsity Girls 100m hurdlers to run with two boys)

9:30 Open 100m Dash \_\_\_\_\_

9:45 Open 3200m Run \_\_\_\_\_

10:25 400m Relay \_\_\_\_\_  
(4x100m)

11:15 Dist. Medley Relay \_\_\_\_\_  
(1200m-400m-800m-1600m)

12:05 Sprint Medley Relay \_\_\_\_\_  
(100m-100m-200m-400m)

12:20 3200 Relay \_\_\_\_\_  
(4x800m)

13:00 800m Relay \_\_\_\_\_  
(4x200)

13:20 Open 300m Hurdles \_\_\_\_\_

13:45 Open 1600m Run \_\_\_\_\_

14:00 1600m Relay \_\_\_\_\_  
(4x400m)

## Field Events:

9:00 Long Jump \_\_\_\_\_

9:00 High Jump \_\_\_\_\_

9:00 Shot Put \_\_\_\_\_

9:00 Pole Vault \_\_\_\_\_

11:00 Triple Jump \_\_\_\_\_

11:00 Discus \_\_\_\_\_

Please complete this form with your participants and fax to: **MAVERICK RELAYS** (760) 942-5199  
Any questions, contact **Coach Gainok** (760) 436-6136 ext. 6257 or **Willie Banks** (760) 942-6199 or  
email [bankshw@hotmail.com](mailto:bankshw@hotmail.com)

# MAVERICK RELAYS 2003

School \_\_\_\_\_ Coach \_\_\_\_\_

Division: **BOYS VARSITY**

## Track Events:

9:00 Coed Shuttle Hurdles \_\_\_\_\_  
(Varsity Boys 110m hurdlers to run with two girls)

9:30 Open 100m Dash \_\_\_\_\_

9:45 Open 3200m Run \_\_\_\_\_

10:25 400m Relay \_\_\_\_\_  
(4x100m)

11:15 Dist. Medley Relay \_\_\_\_\_  
(1200m-400m-800m-1600m)

12:05 Sprint Medley Relay \_\_\_\_\_  
(100m-100m-200m-400m)

12:20 3200 Relay \_\_\_\_\_  
(4x800m)

13:00 800m Relay \_\_\_\_\_  
(4x200)

13:20 Open 300m Hurdles \_\_\_\_\_

13:45 Open 1600m Run \_\_\_\_\_

14:00 1600m Relay \_\_\_\_\_  
(4x400m)

## Field Events:

9:00 Long Jump \_\_\_\_\_

9:00 High Jump \_\_\_\_\_

9:00 Shot Put \_\_\_\_\_

9:00 Pole Vault \_\_\_\_\_

11:00 Triple Jump \_\_\_\_\_

11:00 Discus \_\_\_\_\_

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Any questions, contact **Coach Gainok** (760) 436-6136 ext. 6257 or **Willie Banks** (760) 942-6199 or  
email [bankshw@hotmail.com](mailto:bankshw@hotmail.com)

# MAVERICK RELAYS 2003

School \_\_\_\_\_ Coach \_\_\_\_\_

Division: **GIRLS FROSH/SOPH**

## Track Events:

11:00 Dist. Medley Relay \_\_\_\_\_  
(1200m-400m-800m-1600m)

11:50 Sprint Medley Relay \_\_\_\_\_  
(100m-100m-200m-400m)

Division: **BOYS FROSH/SOPH**

## Track Events:

11:00 Dist. Medley Relay \_\_\_\_\_  
(1200m-400m-800m-1600m)

11:50 Sprint Medley Relay \_\_\_\_\_  
(100m-100m-200m-400m)

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email [bankshw@hotmail.com](mailto:bankshw@hotmail.com)