

# **SWEETWATER RELAYS**

**DATE:** *Saturday - March 21, 2009*

**PLACE:** *Gail Devers Stadium  
Sweetwater High School  
2900 Highland Avenue  
National City, CA 91950*

**TIME:** *1 PM - 6:30 PM*

**MEET** *Tim Latham (619-474-9734)*

**MANAGEMENT:** [robert.latham@suhsd.k12.ca.us](mailto:robert.latham@suhsd.k12.ca.us)  
*Sweetwater Coaching Staff*

**ENTRY FEE:** *\$110 per team or \$220 for both Girls and Boys Teams.*

**AWARDS:** *Team awards to top three teams in each division.  
Medals to members of top 3 relays in each event (running & field).  
Medals to top three individuals in field events (B & G).*

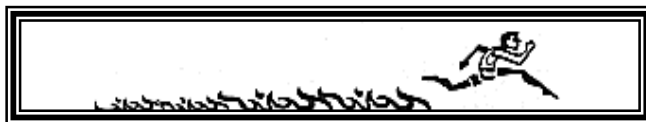
**SCORING:** *Relays 10 - 8 - 6 - 4 - 2 - 1*

**RAIN DATE:** *Saturday - March 28, 2009*

**NOTE:** *Some running relays are Co-ed.*

*Field event relays are Co-ed with two girls and two boys from each school combining for results.*

*Divisions based on school sizes and number of teams entered.*



# **SWEETWATER RELAYS ENTRY FORM**

**SCHOOL** \_\_\_\_\_

**GIRLS** \_\_\_\_\_

**BOYS** \_\_\_\_\_

**ENROLLMENT** \_\_\_\_\_

**TRACK COACHES:**    **GIRLS** \_\_\_\_\_

**PHONE** \_\_\_\_\_

**E-MAIL** \_\_\_\_\_

**BOYS** \_\_\_\_\_

**PHONE** \_\_\_\_\_

**E-MAIL** \_\_\_\_\_

**ENTRY:**                    \$110 per team or \$220 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

*Entries accepted on a first paid basis. You may return this entry form to convey interest, but your spot is not reserved until the check is received.*

*Entries will be limited to 16 teams. Sorry, no refunds to teams that drop out.*

*CONFIRMATION AND DIVISION PLACEMENT WILL BE SENT PRIOR TO THE MEET.*

# SWEETWATER RELAYS

## 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	B880-G440-B440-G880
3	2:50	Girls 440 Yd. Relay	4 x 110
4	3:00	Boys 440 Yd. Relay	4 x 110
5	3:10	Girls Distance Medley	1320-440-880-Mile
6	3:50	Girls Frosh/Soph Sprint Medley	220-110-110-440
7	4:05	Boys Frosh/Soph Sprint Medley	220-110-110-440
8	4:20	Girls 880 Yd. Relay	4 x 220
9	4:25	Boys 880 Yd. Relay	4 x 220
10	4:40	Coed 2 Mile Relay	B880-G880-B880-G880
11	4:55	Girls Varsity Sprint Medley	220-110-110-440
12	5:15	Boys Varsity Sprint Medley	220-110-110-440
13	5:30	Boys 4 Mile Relay	4 x Mile
14	6:00	Girls Mile Relay	4 x 440
15	6:20	Boys Mile Relay	4 x 440

## FIELD EVENT RELAYS

(beginning at 1:00 PM)

LONG JUMP

SHOT PUT

DISCUS

HIGH JUMP

POLE VAULT

(beginning at 3:30 PM)

TRIPLE JUMP