

4th Annual Mission Hills Grizzly Invitational Relays

Date: April 24th, 2010 (Saturday)

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

Location: Mission Hills High School
1 Mission Hills Ct.
San Marcos, Ca

Facility: New 9 lane all-weather Track
*-Pole vault and jump pits
are located on the infield.*



Events:

Relays:

- Coed Sprint Medley (100G,100B,200G,400B)
- 4x200 Meter
- 4x400 Meter
- Mid-Distance Medley (800, 400, 800, 400)
- Shuttle Hurdles
- Weight Relay
- 4x1600 meter.
- Long Jump, Triple Jump, High Jump, Shot Put and Discus will all be scored as a 3 person relay with the marks added together to determine the winner.
- 4x200 Frosh/Soph relay

Invitational: (Top 9 marks qualify)

- 100m Dash
- 300m Hurdles
- 800m
- 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 to the top 3 teams.

Fee: \$150 per team (\$300 for both a boys and Girls Team)
Please Make checks Payable to. **“Mission Hills Track”**
First 18 teams will gain Entry to the meet.

Contact Info:

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