



SWEETWATER RELAYS

- DATE: *March 20, 2010*
- SITE: *Gail Devers Stadium
Sweetwater High School
2900 Highland Avenue
National City, CA 91901*
- TIME: *1 PM – 6:30 PM*
- MEET
MANAGEMENT: *Tim Latham
Sweetwater Coaching Staff*
- ENTRY FEE: *\$110 per team or \$220 for both boys & girls*
- AWARDS: *Team awards to top three teams in each division.
Medals to top three 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: *March 27, 2010*
- 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

<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

ENTRY FORM

SCHOOL: _____

BOYS: _____

GIRLS: _____

COACHES:

BOYS _____

PHONE _____

E-MAIL _____

GIRLS _____

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*