

Moorpark High School

FRIDAY NIGHT RELAYS

March 15, 2013

Once again it's time to plan your track season. Moorpark High School will be hosting the 2013 Friday Night Relays on Friday, March 15 at 3:00PM. We would like to invite you to join us on one of the best tracks in the nation. We host the Don Green Memorial Meet, Marmonte League Championships, Ventura County Champions and the CIF Southern Section Division II Prelims. We have the top finish line crew: Terry Hearst from Royal Results. We have a finish line display board and all results are live on the internet. There is no entry fee for the first 8 teams that sign up. We will have two divisions in both boys and girls: Varsity and Junior Varsity. Contact Rob Dearborn at rdearborn@mrpk.org to sign up.

Order of Events:

4 x 100 hurdles

4 x 800

4 x 100

4 x 1000 JV

Sprint Medley

Throwers Relay (Varsity Only)

4 x 400

4 x 1600

Field Events:

Long Jump - 3 pits

Triple Jump - 3 pits

Shot Put - 2 rings

Discus - 2 rings

Pole Vault - 2 pits

High Jump - 2 pits

