

Friday Night Relays

Order of Events

3:00pm

B JV Shuttle 110 Hurdles
 BV Shuttle 110 Hurdles
 G JV Shuttle 100 Hurdles
 GV Shuttle 100 Hurdles
 G JV 4 x 800
 B JV 4 x 800
 GV 4 x 800
 BV 4 x 800
 G JV 4 x 100
 B JV 4 x 100
 GV 4 x 100
 BV 4 x 100
 B JV 4 x 1600
 GV 4 x 1600
 G JV Sprint Medley
 B JV Sprint Medley
 GV Sprint Medley
 BV Sprint Medley
 G JV Distance Medley
 B JV Distance Medley
 GV Distance Medley
 BV Distance Medley
 G JV 4 x 400
 B JV 4 x 400
 GV 4 x 400
 BV 4 x 400
 G JV 4 x 1600
 BV 4 x 1600
 G JV 8 x 200
 B JV 8 x 200
 GV 8 x 200
 BV 8 x 200

3:00pm

BV Shot Put Relay Ring 1
 G JV Shot Put Relay Ring 2
 B JV Discus Relay Ring 2
 GV Discus Relay Ring 1
 G JV Long Jump Relay Pit 1
 GV Long Jump Relay Pit 1
 B JV Long Jump Relay Pit 2
 BV Long Jump Relay Pit 2
 BV Pole Vault Relay Stadium
 B JV Pole Vault Relay Stadium
 B JV High Jump Relay Pit 1
 BV High Jump Relay Pit 2

4:45pm

BV Discus Relay Ring 1
 G JV Discus Relay Ring 2
 B JV Shot Put Relay Ring 2
 GV Shot Put Relay Ring 1
 G JV Triple Jump Relay Pit 1
 GV Triple Jump Relay Pit 1
 B JV Triple Jump Relay Pit 2
 BV Triple Jump Relay Pit 2
 G JV Pole Vault Relay Stadium
 GV Pole Vault Relay Stadium
 G JV High Jump Relay Pit 1
 GV High Jump Relay Pit 2

Friday Night Relays

Moorpark High School 4500 Tierra Rejada Road Moorpark 805-378-6305 ext 6323

Date: Friday, March 21, 2014 3:00PM (Coaches Meeting Finish Line at 2:30)
Rain Make up 3/22/14

Admission: Adults/Students \$6.00 Children/Seniors \$4.00

Facility: 9 lane all weather track and field event areas. 3/16 spikes

Parking: Buses should park on the visitor side of the stadium (Arroyo Vista Park Road)

Entry Fee: None

Clerk: The Clerk of the Course checking in athletes will be located at the west end of the track by the start of the 100. Field events will check in at the event.

Entry's The deadline for entries is 3/11/13. No B Teams

4 x 1600 The 4 x 1600 will run with a Cross-County style finish-no batons and all runners competing simultaneously.

Field Events: 3 athletes per school. The top mark of each team member will be added to those of his/her teammates to determine overall place. Individuals may be entered in field events, but only a full team of 3 will be considered for scoring purposes. No B Teams

Pole Vault:

JV Girls 3:00P.M. Standards will be set at 22" until 7' Opening Height 5'

JV Boys 5:00P. M. Standards will be set at 22" until 9' Opening Height 7'

Varsity Girls 3:00 P.M. Standards will be set at 22" until 8' Opening Height 6'

Varsity Boys 5:00P.M. Standards will be set at 22' until 10' Opening Height 9'

High Jump: Starting Ht. Girls 4'0 Boys 5'0

Awards: Medals for 1-3 place

Concessions: Upper and lower stadium snack bars will be open.

T-Shirts: Relay Apparel will be providing T-Shirts at a cost of \$15.00

Questions: Contact Rob Dearborn at rdearborn@mrpk.org or 378-6305 Ext. 6323