

SWEETWATER RELAYS

DATE: *Saturday, March 19, 2005*

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

TIME: *1 PM - 8 PM*

MEET *Tim Latham (619-477-7872)*
MANAGEMENT: *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: *March 26, 2005*

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

ORDER OF EVENTS

NO.	TIME	EVENT	
1	2:00	Coed Shuttle Hurdles	Boy-Girl-Boy-Girl
2	2:40	Frosh/Soph Coed Mid-Distance	B880-G440-B440-G880
3	3:10	Girls 440 Yd. Relay	4 x 110
4	3:25	Boys 440 Yd. Relay	4 x 110
5	3:40	Girls Distance Medley	1320-440-880-Mile
6	4:05	Girls Frosh/Soph Sprint Medley	220-110-110-440
7	4:25	Boys Frosh/Soph Sprint Medley	220-110-110-440
8	4:45	Girls 880 Yd. Relay	4 x 220
9	5:05	Boys 880 Yd. Relay	4 x 220
10	5:25	Coed 2 Mile Relay	B880-G880-B880-G880
11	5:55	Girls Varsity Sprint Medley	220-110-110-440
12	6:20	Boys Varsity Sprint Medley	220-110-110-440
13	6:45	Boys 4 Mile Relay	4 x Mile
14	7:15	Girls Mile Relay	4 x 440
15	7:40	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 4:45 PM)

TRIPLE JUMP

SWEETWATER RELAYS ENTRY FORM

SCHOOL

GIRLS

BOYS

ENROLLMENT

TRACK COACH:	GIRLS	PHONE
	BOYS	PHONE

ENTRY: Girls Team \$110

Boys Team \$110

or

Both Teams \$220

NOTE: Entry is not secured until entry fee is received.

MAKE CHECK PAYABLE TO: ***SWEETWATER RELAYS***

MAIL TO: SWEETWATER RELAYS
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 24 teams. Sorry, no refunds to teams that drop out.

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