

2010 TIGER RELAYS

Your team is invited to the 2010 TRACK & FIELD TIGER RELAYS. This meet will take place on Saturday, March 6TH at the Morse High School New All-Weather facility.

The meet will cost \$125/team (\$250 total for both boys and girls). The meet is open to the first 16 teams that confirm attending, by sending in your entry fee. Please send checks as soon as possible to guarantee your participation in the meet.

You may contact me (Lana Garner) at the following numbers: (619) 262-0763 ext.2316 (school) or (504) 296-7075 (cell). My e-mail address is <lgarner@sandi.net>.

Date: Saturday, March 6TH, 2010

Place: Morse H.S. Stadium—6905 Skyline Dr. – San Diego, Ca 92114

Time: 9:00 AM to 4:00 PM

**DIVISIONS: Divisions 1 & 3 are Girls Small/Large School (8 teams per Division)
2 & 4 are Boys Small/Large School (8 teams per Division)**

EVENTS: See attached list for schedule of running and field events.

SCORING: Field event scoring for top 3 places will be judged as COMBINED team distance/height totals. Each team will have 3 competitors who's combined performances will be added together to determine placing. Medals will be awarded to all 3 team members. YOU DO NOT HAVE TO HAVE A FULL COMPLIMENT OF 3 ATHLETES TO COMPETE OR MEDAL.

AWARDS: Medals will be awarded to the top three places in every team relay as well as invitational races. Field event medals will be awarded to each member of the team relay placing teams.

Team Trophies: Trophies will be awarded to the top three teams in each division.

INVITE EVENTS: Please fill out the invitational event entry sheet and return it to Morse High School, Attn: Track & Field Staff. Invitational event accepted entries and alternates will be viewable no later than Monday prior to the meet. For invite vault, the top 12 total submitted entries will be accepted to compete. For Invite hurdle races, top 8 times submitted will be accepted.

OPEN RACES: Each team will be guaranteed one entry into the open 100/110HH races. Each team may enter 2 individuals into the open 3200 Meter races.

Spikes: NO SPIKES OVER 3/16 WILL BE PERMITTED TO BE USED ON THE TRACK OR RUNWAYS. PLEASE RESPECT MORSE HIGH SCHOOL AND ONLY USE APPROVED SPIKES. SPIKES WILL BE CHECKED AND FAILURE TO COMPLY ON THE TRACK OR RUNWAYS WILL RESULT IN ATHLETE DISQUALIFICATION FROM THE ENTIRE MEET.

Admission: \$5.00 for adults and \$3.00 for students and children under 12

Snack Bar: There will be a complete concessions stand.

T-shirts: A limited amount of high quality t-shirts will be on sale for \$10.

Entry fees: Once you have returned your entry form and have been accepted into the meet, we will need to receive your entry fee by Feb. 15 to guarantee your spot in the meet.

(\$250 for both your girls and boys teams combined) will be guaranteed spots in the meet.

Best Wishes,

Lana Garner & Rodney Hutsona

ENTRY FORM IS ON THE NEXT SHEET—PLEASE RETURN A.S.A.P.

2010 TRACK & FIELD TIGER RELAYS
ENTRY FORM

By checking yes below and stating our commitment to participate in the TIGER RELAYS on Saturday, March 6TH, 2010, we agree to pay the entry fee of \$125/girls team and \$125/boys team (\$250 for both boys and girls teams).

___ Yes, we will attend

___ No, we will not attend

School: _____

School Address: _____

GIRLS COACH: _____ Phone(WORK) _____

HOME PHONE _____

E-mail address _____

BOYS COACH: _____ Phone(WORK) _____

HOME PHONE _____

E-mail address _____

Coach's Signature: _____ Date: _____

AD's Signature: _____ Date: _____

Please make checks payable to Morse H.S. Track & Field and mail to
c/o Lana Garner

*** Entry Fees due by Feb. 15***

Morse High School

6905 Skyline Dr.

San Diego, Ca 92114

(entry form may be faxed to 619-262-6835)

We hope you will be able to join us for what will be an enjoyable day of great competition and camaraderie.

Tiger Relays 2010 Invite Entry Requests

School		Coach		
Address		Phone	cell	wk
City		email		
Girls Invite 100 HH (One Entry) 1.			Time:	
Girls Open 100 HH (One Entry) 1.			Time:	
Boys Invite 110 HH (One Entry) 1.			Time:	
Boys Open 110 HH (One Entry) 1.			Time:	
Girls 1600 M. Invite (2 Entries Max)1			Time:	
2.			Time:	
Boys 1600 M. Invite (2 Entries Max)1.			Time:	
2.			Time:	
Girls 3200 M. Open (2 Entries Max)1			Time:	
2.			Time:	
Boys 3200 M. Open (2 Entries Max)1			Time:	
2.			Time:	
Girls Invite Pole Vault (2 Entries) 1.			Height:	
2.			Height:	
Boys Invite Pole Vault (2 Entries) 1.			Height:	
2.			Height:	

Mail your entry to: *THIS SHEET IS DUE NO LATER THAN MARCH 1, 2010*
Morse High School
6905 Skyline Dr,
San Diego, CA 92114
attn: Track & Field
Or **FAX to (619) 262-6835**