

SEVENTH ANNUAL SARATOGA CO-ED RELAYS

Saratoga High School is proud to present the Seventh Annual Saratoga Co-Ed Relays on the Los Gatos Joint Union High School District's eight lane, Chevron all-weather track, located at Los Gatos High School. The number of Entrants is limited, so you should ENTER EARLY.

GENERAL INFORMATION

Where: Los Gatos High School Track

When: Saturday, March 3, 1984

Cost: \$5.00 per relay team; \$3.00 per athlete in Pole Vault,
Public Admission - \$1.00; under 12, .50¢

Awards: Custom Medals from Jostens will go to the members of the first three teams in each event. Trophies for the three teams with highest point total at end of meet.

Food: A concession stand will be open during the meet.

Cancellation: The meet will go on unless it is pouring rain. If cancelled, it will be rescheduled for Saturday, March 10th.

RULES:

1. Every event except the pole vault is a co-ed relay, and a school must have two girls and two boys per relay team to enter. There will be a predetermined order in most distance relays.
2. There are no trials. We will run two or three heats of each event, with awards given to each member of the three fastest teams.
3. We will accept entrants on a First Come basis and close the event when it is full. *To enter, we must receive your entry form and full payment. If you enter an event that is full, your money will be returned immediately. Make all checks payable to Saratoga High School, and mail them to Track Coach, Saratoga High School, 20300 Herriman Ave. Saratoga, Calif. 95070-4999.
4. The Los Gatos track and runways are synthetic surfaces, so every athlete must wear $\frac{1}{4}$ " spikes.
5. You may enter more than one team in any event.
6. CLERK OF COURSE: All Relay Teams must report to the Clerk of the Course on first call for that event.
7. No shows will not be refunded.
8. Field events will start at different times so see Order of Events.
9. IMPORTANT: There will be no time schedule for running events. The first event will start at 10:00 AM and then continue to the last event non-stop.

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ORDER OF EVENTS
SATURDAY, MARCH 3, 1984

Running Events

4 Mile Relay (16 teams 1 race) Girl-Girl-Boy-Boy (Possibly two heats)

Shuttle Hurdles (16 teams - 5 heats)
(Boys 120 H.H. and Girls 110 L.H.)

Coaches 440 Relay (16 teams - 2 heats)

440 Relay (16 teams - 2 heats)

2-Mile Relay (16 teams - 2 heats) Boy-Boy - Girl-Girl

880 Relay (16 teams - 2 heats)

440 Weight Persons Relay (16 teams - 2 heats)

1320 Low Hurdle Relay (15 teams - 3 heats) each runner runs 330 lh.

Sprint Medley (16 teams- 2 heats) 220-220-440-440

Distance Medley (16 teams - 1 race) 1320- 880 - 880 - 1320
Girl-Girl-Boy-Boy

Mile Relay (16 teams - 2 heats)

Relay Field Events

10:00 AM High Jump Relay (12 teams) starting height 4'2"

10:00 AM Discus Relay (12 teams) 3 throws per person.

10:00 AM Long Jump Relay (12 teams) 3 jumps each, 2 schools at a
time following order in program.

12:00 PM Shot Put Relay (12 teams) 3 throws per person.

12:00 PM Triple Jump Relay (12 teams) 2 jumps each, 2 schools
at a time following order in program

Non-Relay Field Events

10:00 AM Varsity Pole Vault (18 entrants)

12:00 PM Frosh-Soph Pole Vault (18 entrants)

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ENTRY SHEET

ENTER US IN THE EVENTS CHECKED BELOW. FULL PAYMENT IS ENCLOSED.

	Yes	No
4-Mile Relay	_____	_____
Shuttle Hurdles	_____	_____
Coaches 440 Relay	_____	_____
440 Relay	_____	_____
2-Mile Relay	_____	_____
880 Relay	_____	_____
440 Weight Persons Relay	_____	_____
1320 Low Hurdle Relay	_____	_____
Sprint Medley	_____	_____
Distance Medley	_____	_____
Mile Relay	_____	_____
High Jump Relay	_____	_____
Long Jump Relay	_____	_____
Shot Put Relay	_____	_____
Discus Relay	_____	_____
Triple Jump Relay	_____	_____
*Varsity Pole Vault	_____	_____
*Frosh/Soph Pole Vault	_____	_____

*Please list how many entries in the Pole Vault

RELAYS ENTERED _____ @ \$5.00 each = _____

Individual Entries _____ @ \$3.00 each = _____

Total amount _____

Coach _____ School _____

Entry deadline date is February 27, 1984

Make checks payable to: SARATOGA HIGH SCHOOL

Send Entries to: Roque Matagulay/ Jari Korkeila Track Coaches
 Saratoga High School
 20300 Herriman Ave.
 Saratoga, Calif. 95070

Phone: School - 408-867-3411

Home: 408-972-8851 (Roque)