

WILDCAT RELAYS '19

Coaches,

It's that time of year again, and we are preparing for the 48th version of the states' longest running, relay only track meet. This is a great early season test for your teams and will include 25 other teams from the area.

This year we will try entering all of your relays on Athletic.net. For the 4 x 3200m race and all field events, we would like you to enter the names of your athletes so we can post results of their marks back to the site.

<https://www.athletic.net/TrackAndField/meet/352003/register>

You will want to make a copy of your entries as this will help you keep track of your athletes.

*Please note that the 1600m (4 x 400m) Hurdle Relay event has been changed to reflect CIF Track and Field Advisory Committee ruling to disallow any coed events at track and field meets.

This year we are NOT allowing extra teams in any event. Only one team (3 members or less) for field events and one team (4 members or less for the 12,800m Relay) for running events. **Please note that we cannot have any combined teams where members of two different schools compete on the same team...as per CCS rules.

Awards

Plaques will be awarded to the winning teams in each division as well as the overall combined team champion. Medals are awarded for first through fourth place in the Varsity divisions, and first through third place in the Frosh/Soph division. There will be an awards table where a member of a placing team may pick up their medals as soon as the final results are announced. In addition to placing medals, we will again be giving out awards to the top performer in a field event (and 3200m).

Entry Fees

Enclosed you will find an entry fee slip that will help you determine your total entry costs. Please mail or fax this with your entries.

Entry fee per division	\$120.00
Individual team entry	\$30.00 per relay event
3 Divisions	\$300.00 max

PLEASE NOTE THAT THE TIME SCHEDULE IS APPROXIMATE.
PLEASE ALLOW FOR ANY UNFORSEEN TIME CHANGES

ENTRY DEADLINE IS THURSDAY, MARCH

WILDCAT RELAYS

48th Annual

Order of Events

Saturday, March 9th

DIVISION	EVENT	DESCRIPTION	TIME
Varsity	12,800m Relay	4 x 3200m	9:00am
Girls	12,800m Relay	4 x 3200m	
F-S	12,800m Relay	4 x 3200m	
Varsity	1600m Hurdle Relay	4 x 400m Hurdles	
Girls	1600m Hurdle Relay	4 x 400m Hurdles	
Varsity	400m Relay	4 x 100m	
Girls	400m Relay	4 x 100m	
F-S	400m Relay	4 x 100m	
Varsity	3200m Relay	4 x 800m	
Girls	3200m Relay	4 x 800m	
F-S	3200m Relay	4 x 800m	
Lunch Break			
Varsity	Sprint Medley Relay	400m – 200m – 200m – 800m	
Girls	Sprint Medley Relay	400m – 200m – 200m – 800m	
F-S	Sprint Medley Relay	400m – 200m – 200m – 800m	
Varsity	440m Shuttle Hurdles	4 x 110m High Hurdles	
Girls	400m Shuttle Hurdles	4 x 100m High Hurdles	
F-S	260m Shuttle Hurdles	4 x 65m High Hurdles	
Varsity	800m Relay	4 x 200m	
Girls	800m Relay	4 x 200m	
F-S	800m Relay	4 x 200m	
Varsity	Distance Medley Relay	1200m – 400m – 800m – 1600m	
Girls	Distance Medley Relay	1200m – 400m – 800m – 1600m	
F-S	Distance Medley Relay	1200m – 400m – 800m – 1600m	
Varsity	1600m Relay	4 x 400m	
Girls	1600m Relay	4 x 400m	
F-S	1600m Relay	4 x 400m	

Girls	High Jump	9:00	F-S	Shot Put	10:00
F-S	High Jump	Following Girls	Varsity	Shot Put	Following F-S
Varsity	High Jump	Following F-S	Girls	Shot Put	Following Vars
F-S	Long Jump	9:00	Varsity	Discus	9:00
Varsity	Long Jump	Following F-S	Girls	Discus	Following Vars
Girls	Long Jump	Following Vars	F-S	Discus	Following Girls
Varsity	Triple Jump	9:00	Varsity	Pole Vault	9:00
Girls	Triple Jump	Following Vars	Girls	Pole Vault	Following Vars
F-S	Triple Jump	Following Girls	F-S	Pole Vault	Following Girls

All Track Events are Composed of 4-Person Relay Teams

All Field Events are Composed of 3-Person Relay Teams

USE Athletic.net for entries

We are using Athletic.net for entries this year. Please add our meet to your schedule and enter events on the site. Please enter individual athletes into field events and 3200m.

<https://www.athletic.net/TrackAndField/meet/352003/register>

PLEASE SEND or BRING CHECK TO MEET

Please Check

<input type="checkbox"/>	VARSITY BOYS	\$120.00 per Division	\$ _____
<input type="checkbox"/>	VARSITY GIRLS	\$120.00 per Division	\$ _____
<input type="checkbox"/>	FROSH/SOPH BOYS	\$120.00 per Division	\$ _____
<input type="checkbox"/>	*** If you enter all three divisions	\$300.00	\$ _____
<input type="checkbox"/>	INDIV. RELAY TEAMS	No. of events ___ x \$30.00 per	\$ _____
		TOTAL	\$ _____

****Make checks payable to: WHS ASB Track and Field**

Send To: Watsonville High School
c/o Rob Cornett
250 E. Beach St.
Watsonville, CA. 95076

Or FAX: Wildcat Relays
c/o Rob Cornett
(831) 761-6013