



WOLF PACK RELAYS

March 9th, 2019
Merrill West High School
Tracy, CA

GENERAL INFORMATION:

TIME: Meet begins at 9:00am

ENTRIES: Each school is limited to three (3) entries per event per division, and one relay per division. Additional entries will be automatically disqualified by meet director. All entries will be on athletic.net. Go to www.athletic.net to register for the Wolf Pack Relays. Entries are due by March 6, 2019 at 11:59pm.

ENTRY FEES: \$25.00 per relay / \$10 per individual event / \$250 max per school. Entry fees should be received by March 7 to compete. Make checks payable to Merrill West HS Track & Field.

SEND CHECKS TO:

Merrill West High School
1775 W. Lowell Ave.
Tracy, CA 95376
attn: Coach TJ Williams

Admission fee for all spectators is \$5.00

AWARDS: Top 3 in each event in each division will receive medals. Team champion trophy given to each division.

CONTACT: TJ Williams at sum92@hotmail.com

RESULTS: Results will be posted on site and online at diablotiming.com promptly after each event, as well as on prepcaltrack.com and athletic.net

TIME SCHEDULE:

FIELD EVENTS:

9:00

Shot put FSB, VB
Discus FSG, VG
Triple Jump FSG, VG Pit 1
Triple Jump FSB, VB Pit 2
Pole Vault – Progressive starting at 5'
High Jump FSG, VB

1:00

Shot Put FSG, VG
Discus FSB, VB
Long Jump FSG, VG Pit 1
Long Jump FSB, VB Pit 2
High Jump FSB, VB

RUNNING EVENTS: (Approximate starting times)

TIME	EVENT	ORDER:
9:00	DMR (1200/400/800/1600)	FSG, FSB, VG, VB
10:25	4X100	FSG, FSB, VG, VB
11:25	100H/110H	FSG, VG, FSB, VB
12:00	400	FSG, FSB, VG, VB
1:00	100	FSG, FSB, VG, VB
1:40	4X800	VG, VB (Varsity Only)
2:10	300h	FSG, FSB, VG, VB
3:05	SMR (100/100/200/400)	FSG, FSB, VG, VB
3:50	1600	FSG, FSV, VG, VB
5:00	4X400	FSG, FSB, VG, VB

TIMING: FinishLynx by Shannon Sos of Diablo Timing

CONCESSIONS: Snack shack will be open with a variety of food.

SOUVENIRS: T-shirts and apparel will be on sale from Elite T-Shirt Printing