



WOLF PACK RELAYS

March 11th 2017

Merrill West High School

GENERAL INFORMATION:

TIME: Meet begins at 9:00am

ENTRIES: Each school is limited to two (2) entries per event per division, and one relay per division. The Discus is not being contested at this time but teams will be able to have (4) entries in the Shot Put. 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 7, 2017 at 11:59pm.

ENTRY FEES: \$25.00 per relay / \$10 per individual event / \$400 max per school. Entry fees should be received by March 9 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

AWARDS: Top 3 in each event in each division will receive medals. A plaque and T-Shirt will be awarded to the top Male and Female Athlete in each division.

Admission fee for all spectators is \$5.00

CONTACTS: TJ Williams at sum92@hotmail.com

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

Time Schedule:

FIELD EVENTS:

9:00

Shot put FSB, VB

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

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