West of the Pecos Junior High Relays

# February 28, 2013

Coaches:

# Welcome to the West of the Pecos Junior High Relays!

Please read the following General Information sheet to answer any questions you might have. Please make sure your athletes are listening for announcements about races, lane assignments, etc. and they follow the rules regarding our facilities. If you have any questions, please call us and we will try to answer them for you.

1. **All food and drinks, except water, must stay in the team camps.**
2. **NO SUNFLOWER SEEDS!!!! It is next to impossible to get them off the field turf.**
3. **Parents and non-participants need to be in the stands to keep traffic to a minimum.**
4. **Team camps will set up in the stands on the Northwest side.**
5. **Entry fee is $50.00 per team (ex. 7th and 8th boys and girls= $200.00)**
6. **To enter your athletes: (1) Go to Runnercard.com; (2) Click on the link Create Account; (3) Follow the on-screen directions; (4) Once you have created an account, go to the home page and under the High School-Jr High tab search for the West of the Pecos Junior High Relays; (5) Click on the meet and then follow the on screen instructions to enter your athletes. Registration will close February 27 at 10:00 PM. The scratch meeting will be in the field house on the South end of the track. Meeting will be from 2:30 to 3:30.**
7. **There will be a meal deal offered by the Crockett Middle School student council. The meal will be a burger, chips, candy bar, and drink for $6.00. If you are interested in this, please contact Lucy Lara at (432) 447-7461 or lulara@pbtisd.esc18.net.**

Good Luck with your season!

We look forward to having you in Pecos.

## Chris Henson Christina Mata Derick Price Fax Number

Athletic Director Head Girls Coach Head Boys Coach Pecos Field House

(432) 447-7220 (432) 269-8211 (325) 370-2406 **(432) 447-3076**

# West of the Pecos Junior High Relays

# February 28, 2013

**Schedule of Events**

**\*\* All Field Events and Running Events will be rolling starts\*\***

**\*3 attempts per event only, no finals\***

## Field events start at 4:00 PM

**Shot Put Discus Long Jump Triple Jump High Jump Pole Vault**

8th Boys 8th Girls 7th Boys 7th Girls 8th Boys (4’6”) 7th & 8th Girls 6’

**(NE Pit) (NW Pit) (run together)**

7th Boys 7th Girls 8th Boys 8th Girls 7th Boys (4’4”)

**(NE Pit) (NW Pit)**

8th Girls 8th Boys 7th Girls 7th Boys 8th Girls (4’) 7th & 8th Boys 7’

**(NE Pit) (NW Pit) (run together)**

7th Girls 7th Boys 8th Girls 8th Boys 7th Girls (3’10”)

**(NE Pit) (NW Pit)**

If your athlete has conflicting field events, have them check in to both and let the person in charge know they have a conflict. Arrangements will be made to ensure the athlete gets to compete in both.

4:15 PM 2400 Meter Run (7G – 8G – 7B – 8B)

# Rolling Schedule

6:30 PM 400 Meter Relay (7G – 8G – 7B – 8B)

800 Meter Run (7G – 8G – 7B – 8B)

100 Meter Hurdles (7G – 8G) 30”

110 Meter Hurdles (7B – 8G) 7th -33”; 8th- 36”

100 Meter Dash (7G – 8G – 7B – 8B)

800 Relay (7G – 8G – 7B – 8B)

400 Meter Dash (7G – 8G – 7B – 8B)

300 Meter Hurdles (7G – 8G – 7B – 8B) 7-8G,7B- 30” 8B-33”

200 Meter Dash (7G – 8G – 7B – 8B)

1600 Meter Run (7G – 8G – 7B – 8B)

1600 Meter Relay (7G – 8G – 7B – 8B)

.