

# Eagle Relays Schedule of Events

## Friday, February 22<sup>nd</sup>, 2019

4:00pm	<b>Field Event Finals</b>		
	4 Jumps / 4 Throws - no finals		
	Long Jump	Boys	on North runway (closes to field)
	Triple Jump	Girls	on South runway (running towards disc ring)
	Shot Put	Girls	
	Discus Throw	Boys	
	High Jump	Boys	Girls
		(5'2)	(4'4) Opening Heights
	Pole Vault	Boys	Girls <b>Together</b>
		(10'0)	(6'0") Opening Heights
5:00pm	Triple Jump	Boys	on North runway (closes to field)
	Long Jump	Girls	on South runway (running towards disc ring)
	Shot Put	Boys	
	Discus Throw	Girls	
	<b>Running Event Finals by Time</b>		
4:30pm	3200m Finals	Girls	Boys
	Open 1600m	Girls	Boys ( <b>no entries, please!</b> )
6:20pm	4x100 Weight throw relay	Girls	Boys ( <b>no entries, please!</b> )
6:30pm	4 x 200 Relay Final	Girls	Boys (or completion of all Jumps)

## Saturday, February 23<sup>rd</sup>, 2019

9:30am      **COACHES MEETING**      Under tent at Finish Line

### Running Event Finals by Time

10:30am	4 x 100m Relay	Girls	Boys
	800m	Girls	Boys
	100m LH / 110m HH	Girls	Boys
	100m	Girls	Boys
	400m	Girls	Boys
	300m IH	Girls	Boys
	200m	Girls	Boys
	1600m	Girls	Boys
	4 x 400m Relay	Girls	Boys

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TIMING – Mike Takaha & Dave O’Conner with Flash Results Texas

ENTRIES SHOULD BE ENTERED USING: [www.athletic.net](http://www.athletic.net)

ENTRIES ARE DUE NO LATER THAN TUESDAY, FEBRUARY 19<sup>th</sup>, AT 3:00PM.

AFTER THAT TIME NO ENTRIES WILL BE ACCEPTED

ST. THOMAS HIGH SCHOOL  
MEET INFORMATION SHEET

WHEN: FRIDAY, FEBRUARY 22nd & SATURDAY, FEBRUARY 23rd 2019

WHERE: GRANGER STADIUM  
4500 MEMORIAL DRIVE  
HOUSTON TX, 77007

SCHEDULE: SCRATCH **ONLY** MEETING, SATURDAY 9:30 AM  
RUNNING FINALS (AGAINST TIME) 10:30 AM

ENTRY FEE: \$ 150.00 PER TEAM or \$15 per Athlete  
PAYABLE TO: **ST. THOMAS HIGH SCHOOL** (\$300.00 FOR BOTH GENDERS FROM EACH SCHOOL) ALL RACES WILL BE PREHEATED AND ONLY SCRATCHES & SUBSTITUTIONS WILL BE DONE AT THE STADIUM AT 9:30AM ON SATURDAY, NO ADDS.  
Please register at [www.athletic.net](http://www.athletic.net) .  
**All entries must be entered by Tuesday Feb. 19<sup>th</sup> at 3:00pm**

RULES: TAPPS - PARTICIPANTS MAY ENTER A MAXIMUM OF FIVE EVENTS, BUT NO MORE THAN THREE FIELD OR THREE RUNNING, INCLUDING RELAYS.

SCORING: INDIVIDUAL EVENTS 10-8-6-5-4-3-2-1  
RELAYS EVENTS 20-16-12-10-8-6-4-2

HEATS: THE HEATS WILL BE RAN AS A FINAL. ALL RUNNERS WILL BE HEATED, WITH THE FASTEST IN THE FINAL HEATS. FASTEST TIMES DETERMINING PLACEMENT.

AWARDS: PLAQUES WILL BE AWARDED TO THE 1<sup>ST</sup> & 2<sup>ND</sup> PLACE TEAMS. MEDALS WILL BE AWARDED TO 1<sup>ST</sup>, 2<sup>ND</sup>, & 3<sup>RD</sup> PLACE FINISHERS IN BOTH INDIVIDUAL AND RELAY EVENTS. ALL AWARDS MAY BE PICKED UP IN THE PRESSBOX AT THE CONCLUSION OF THE MEET.

EQUIPMENT: ST. THOMAS HIGH SCHOOL WILL FURNISH ALL STARTING BLOCKS. ALL OTHER EQUIPMENT MUST BE FURNISHED BY YOUR SCHOOL.

TENTS: TENTS ARE PERMITTED ON THE OUTSIDE OF THE TRACK

SHOES: ONLY FLATS OR RACING SHOES WITH ¼" SPIKES WILL BE ALLOWED

QUESTIONS IF THERE ARE ANY QUESTIONS, CONTACT **COACH LABUS**  
EMAIL: Coach.Labus@sths.org  
WORK: 713.341.5587  
CELL: 713.819.7135