

2009 AI FIELD AND TRACK RELAYS
FRIDAY, MARCH 27TH 2009, 3:30 PM START

1 SCORING RUNNING RELAY / SCHOOL
"B" NON-SCORING RELAY ALLOWED IN 4 X 16, 4 X 8, DMR
2 separate 2 PERSON SCORING FIELD EVENT RELAYS / SCHOOL

SCHEDULE:

TRACK EVENTS

3:30 PM 4 X 1600 RELAY (COMBINED)
4:00 PM SHUTTLE HURDLES G/B
4:20 PM SWEDISH MEDLEY (1-2-3-4) G/B
4:30 PM 4 X 800 RELAY G/B
5:00 PM 4 X 200 RELAY G/B
5:15 PM DIST. MED. RELAY (8-4-12-16) G/B
5:45 PM 4 X 100 RELAY G/B
6:00 PM SPRINT MED RELAY (4-2-2-8) G/B
6:20 PM 4 X 400 RELAY G/B

FIELD EVENTS

3:30 PM GIRLS POLE VAULT
BOYS HIGH JUMP
GIRLS LONG JUMP
BOYS TRIPLE JUMP
GIRLS SHOT PUT
BOYS DISCUS THROW
SECOND BOYS POLE VAULT
GIRLS HIGH JUMP
BOYS LONG JUMP
GIRLS TRIPLE JUMP
BOYS SHOT PUT
GIRLS DISCUS THROW

MEDALS TO TOP THREE / EVENT, TROPHY TO 1ST PLACE TEAM

***IF INTERESTED, CONTACT STEVE LANTZ TO RESERVE
ONE OF THE SPOTS. FIRST COME, FIRST SERVE.***

FEE - \$75 / TEAM, \$150 / SCHOOL.

MAKE CHECK PAYABLE TO "AI DuPont High School"

SEND TO: STEVE LANTZ
2724 SKYLARK RD.
WILMINGTON, DE 19808

TEAMS WILL BE EXPECTED TO HELP OFFICIATE THE MEET. COSTS ARE BEING KEPT TO A MINIMUM, SO I'LL NEED YOUR HELP.