

South View Track and Field presents the
2009 TIGER RELAYS

Saturday, March 14, 2009

At Reid Ross Classical School, Fayetteville, NC, Hosted by South View High School

svxc@hotmail.com | svtrack.8k.com

An excellent, inclusive event to get your team warmed-up and ready for the regular season.

Entry Information:

- **Entry Fee: Only \$40 for boys and girls or \$25 for a single gender team.** If a coach is helping with a field event, his/her TEAM MAY COME FOR FREE!!! This is available on a first come, first serve basis and must be determined by the time entries are submitted.
- **Individuals** may enter the meet at a cost of \$5.00. For that amount they can participate in up to four (4) events.
- Entry forms are available at svtrack.8k.com. Entries must be received by mail (South View Track and Field, Attn. Jesse Autry, 4814, Elk Road, Hope Mills, NC, 28348), fax (910.425.2962), or emailed (svxc@hotmail.com) by Tuesday, March 10, 2008. **ENTRIES WILL NOT BE ACCEPTED AFTER MARCH 10th. Emailed entries are preferred.**
- You may enter multiple relay squads by identifying them as A, B, C, etc.
- **You may enter only four (4) individuals in individual track and field events except the Freshman/Sophomore 1600s and the 3200. There is no limit on these events.**
- Each athlete may participate in a maximum of four events including relays.
- Entry times and marks should be *realistic* estimations of what the athlete is capable of on meet day.

Important information to know:

- **The Facility:** The track and jump areas are rubber. Quarter inch pyramid spikes are allowed.
- **Timing:** Timing will be hand-held.
- **Coaches' Meeting** at 9:30am at mid-field.
- **No Preliminaries:** All times and marks are finals.
- We will have open field events where athletes will be allotted four attempts and can get them in before a time established at the Coaches' Meeting.
- The starting height of the High Jump will be announced at the coaches' meeting.
- **Scoring:** The meet will be scored through six places. Every relay team counts. This means your B Teams, C teams and more can count. This allows your younger athletes to affect the outcome. All events count in scoring. Coaches need to make sure they pitch in and help out with the supervision of the athletes.
- Athletes should not be near any other team's area, whatsoever.
- The jewelry rule will be enforced. The uniform code may be relaxed at the discretion of the meet director due to weather. A-team relays should match according to the rules.
- Please ask your athletes to clean up your area before you leave.
- **Results:** All results will be posted on the South View Track and Field (svtrack.8k.com) website by Sunday night and sent to NCPrepTrack.com, NC.MileSplit.com and the Fayetteville Observer.
- **Concessions** will be available.
- **Awards:** There will be team plaques for the Tiger Relays Champion and Runner Up.
- **T-Shirts:** T-Shirts will be available this year! Cost will be between \$12 to \$15.

Time Schedule Below (The order of events is accurate, but we will be on a rolling schedule.):

9:00 AM	Track Open for Warm-Ups
9:45	Brief Coaches Meeting
11:00	Field Events Begin
11:15	Track events begin on a rolling schedule:
11:15	4x800 Relay
11:50	100/110 Hurdles
12:30	4x200 Relay
12:45	Freshman/Sophomore 1600
1:10	300 Hurdles
1:40	Invitational 1600 (elite sophomores and freshmen may run this event)
2:00	4x100 Relay
2:30	Distance Medley Relay
2:50	Sprint Medley Relay
3:10	3200 Meter Run
3:40	Princess Relay and Buffalo Relay 4x400 (All-throwers!!! CROWD FAVORITE!!!)
3:55	4x400