



Carl Norris Relays



@ E.H. Hanby Stadium – Mesquite, TX

March 6, 2010

Hosted by Dr. John D. Horn High School

Dear Coach,

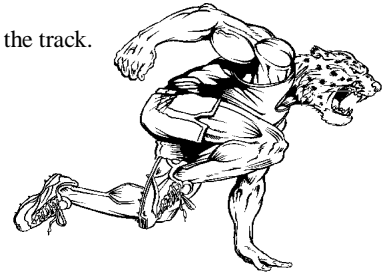
You are invited to the 2010 Carl Norris Relays on Saturday, March 6th. Please let me know ASAP if you would like to attend. This invitation is extended to your girls and boys teams. We would like for you to enter all 4 divisions if possible. Please respond to [Ashley Peach](#) ASAP.

Meet Information

- Varsity & JV Boys/Girls; All Finals.
- Scratch meeting will be at 7:30 a.m. in the locker room at the South end of the track.
- Lunch will be provided for the coaches.
- Concessions will be provided.
- The cost is \$150 per Varsity team and \$100 per JV team.

General Guidelines

- Please use objects other than tape for markings on track and runways.
- ¼ inch spikes only.
- UIL rules will apply concerning jewelry and dress for all events.
- We will pool all shots and disc.
- Camps are to be located in or underneath the visitor bleachers. (Opposite the press box)



Concerns

- We ask for your cooperation in having your athlete's warm-up on the grass field located at the North end of the stadium. We ask that the athletes only warm-up just prior to their event.
- We ask that you please help us by patrolling your camp area for discipline and clean up.
- Concerning codes for each entry: Varsity event codes are 500's and JV codes are 400's. Use the attached entry codes to enter your athletes in both field events and running finals. A code must be entered for each event an athlete will be participating in.

Order of Events:

7:30 Scratch meeting (scratch or change)

Entries need to be in by Friday, Feb. 19th

8:00 Field Events – # of flights will depend on # of entries

4 throws & 4 horizontal jumps (All finals)

11:00 3200 m Run (1 Heat per team) JV Girls, Varsity Girls, JV Boys, Varsity Boys

12:00 Lunch – Lunch will be provided for coaches in the locker room located at the South end of the track.

1:00 Running Finals - *All running finals will begin after lunch (no preliminaries)*

(Running order will be the same for each event – JV Girls, Varsity Girls, JV Boys, Varsity Boys)

400 M. Relay (JV Girls, V Girls, JV Boys, Varsity Boys)

800 M. Run

100/110 M. Hurdles

100 M. Dash

800 M. Relay (JV Girls, V Girls, JV Boys, Varsity Boys)

400 M. Dash

300 M. Hurdles

200 M. Dash

1600 M. Run

1600 M. Relay (JV Girls, V Girls, JV Boys, Varsity Boys)



Additional Information for the Carl Norris Relays:

Format of Field Events

8:00 Shot Put – Men
Discus – Women
Triple Jump (North Pit) – Men
Long Jump (South Pit) – Women
High Jump – Men (5'4")
Pole Vault – Women (6'0")

10:00 Shot Put – Women
Discus – Men
Triple Jump (North Pit) – Women
Long Jump (South Pit) – Men
High Jump – Women (4'2")
Pole Vault – Men (8'0")



Directions to the 2010 Carl Norris Relays

From I635 exit Scyene/Military. Head East bound on Military as it turns into E. Davis. The stadium will be on your right just past Mesquite High School. All teams will park on the Visitor side and all spectators will park on the Home side of the stadium.

Please mail all entry fees to:

Dr. John D. Horn High School
c/o Ashley Peach
Re: Carl Norris Invitational
3300 E. Cartwright Rd.
Mesquite, TX 75181

*Please make payment in the form of a check or cashiers check.
Make payable to **MESQUITE ISD.**