

HAWK RELAYS GENERAL INFORMATION

2010

1. Saturday, March 27th at Hebron High School Stadium on 4207 Plano Parkway in Carrollton.
2. There will be an eight team limit.
3. No jam boxes or radios will be allowed. Headphones are OK.
4. Scratch Meeting will be at 8:00 AM. Field Events will begin at 8:45 AM.
5. All divisions of the 3200m will be run starting at 8:45 AM. Running Finals start at 12:00 PM.
6. Each school will be allowed only three scoring entries per individual event and one scoring relay per event. The 3200 meter will be an open up to 10 additional runners that will not be scored. Only 1 relay team and 3 individuals will be scored for each school
7. All lanes for relays will be drawn prior to the coaches meetings. Coaches will enter runners at the scratch meeting; last heat is the fastest heat. All opening heights and minimum distances will be determined at the scratch meeting. The jumps and throws will be 4 attempts no finals, and running events will be finals against time.
8. Entry fee: \$150 for each Varsity team and \$100 for each JV team.
9. Use only 1/4 inch or shorter spikes. Ask athletes not to wear spikes in bleachers.
10. INFIELD IS FOR WARMUPS ONLY. Please set up all camps outside track area. Please try to keep areas cleaned up.
11. The concession stand on the home side will be open.
12. If you have any questions email: Coach Grennier grennierj@lisd.net