



Ram Tough Relays



Dear Coach,

We would like to extend to you an invitation to the 1st Annual Ram Tough Relays. This year the meet will be a one-day Varsity-only track meet. Both girls and boys will compete on Saturday Feb 18, 2012. All events will be timed using Fully Automatic Timing.

The coaching staff at Cypress Ridge are excited about the Ram Tough Relays and if you need any assistance in any way, please feel free to ask and we will do our best to meet your needs or answer your questions.

The entry fee is as follows: \$75.00 per Varsity team. \$150 for both Boys and Girls. Checks can be made out to Cy-Ridge Athletic Booster Club or CRABC.

Contacts:

Athletic Department

(281)807-8000

Boys Track –Mike Long

michael.long@cfisd.net 832-754-4429

Girls Track—Tim McGuire

timothy.mcguire@cfisd.net 979-575-0228

The Schedule will be as follows:

All events will be final so please submit seed times if at all possible when submitting entries.

9am – Boys Vault, Boys Discus, Boys Triple Jump, Girl's Long Jump, Girls' Shot, Girl's High Jump

10am – Girl's Vault (or at the conclusion of the boys), Girl's Discus, Girl's Triple Jump, Boy's Long Jump, Boy's High jump, Boy's Shot.

9:00am – 3200 M Run

10:00am - Distance Medley Relay (1200-400-800-1600)

11:30 am – Lunch Break

12:00 PM - All running events will begin using the UIL order of events.

Please respond as quickly as possible, as space is limited.

Mail, Fax, or email acceptance forms to : Coach Tim McGuire or Coach Mike Long
Cy-Ridge high School
7900 N. Eldridge Pkwy
Houston, Tx 77041
FAX# 281-801-8045
michael.long@cfisd.net
timothy.mcguire@cfisd.net

Yes, we will be attending:

Varsity Girls Varsity Boys

School: _____ Phone: _____

Coach: _____ Fax: _____

No, we will not be attending this year.