



INVITATIONAL TRACK & FIELD MEET

The Laredo Independent School District would like to cordially invite you and your teams to the LISD meet which will be held on Saturday, February 25, 2012. The meet will consist of varsity and JV divisions (boys and girls). Field events and the 3200 will begin at 9:00 am. The long jump and the triple jump participants will have 4 jumps. The shot put and discus participants will have 4 throws. The 3200 meter relay will be run at 11:00 am. Running finals will begin at 12 noon following a rolling schedule .

Field Events	Divisions	Followed by	LOCATION
Pole Vault	JVG/JVB	VG/VB	
Shot Put	VB	VG	
Shot Put	JVB	JVG	
Discus	VG	VB	
Discus	JVG	JVB	
Long Jump	VB	VB TJ	WIND AIDED
Long Jump	VG	VG TJ	WIND AIDED
Long Jump	JVB	JVB TJ	
Long Jump	JV Girls	JVG TJ	
High Jump	VG/VB	JVG/JVB	
Running Events			
3200 Meter Run	9:00 AM	JVG/VG/JVB/VB	
3200 Meter Relay	11:00 AM	GIRLS/BOYS	
400 Meter Relay	12 NOON	JVG/VG/JVB/VB	
800 Meter Run		JVG/VG/JVB/VB	
800 Meter Medley Relay (1.5 lap stagger)	100/100/200/400	GIRLS/BOYS	
100 Meter Hurdles		JVG/VG	
110 Meter Hurdles		JVB/VB	
Distance Medley Relay (1200/400/800/1600)		GIRLS/BOYS	
100 Meter Dash		JVG/VG/JVB/VB	
800 Meter Relay		JVG/VG/JVB/VB	
400 Meter Dash		JVG/VG/JVB/VB	
300 Meter Hurdles		JVG/VG/JVB/VB	
200 Meter Dash		JVG/VG/JVB/VB	
Weight participants 400 Meter Relay		GIRLS/BOYS	
1600 Meter Medley Relay (1.5 lap stagger)	200/200/400/800	GIRLS/BOYS	
1600 Meter Run (open division)		WOMEN/MEN	
1600 Meter Run		JVG/VG/JVB/VB	
1600 Meter Relay		JVG/VG/JVB/VB	

The entry fee for the meet is as follows:

Teams	Entry Fee	PLEASE MAKE YOUR CHECK PAYABLE TO LAREDO ISD ATHLETICS.
1 team	100.00	
2 teams	175.00	
3 teams	250.00	
4 teams	325.00	
5 teams	400.00	
INDIVIDUALS	15.00	

If you have extra athletes (JV), they may compete on another team (for example, JV green, or JV gold), they must stay on that other team. If you have a second complete JV team, you must pay the extra team fee. If you have less than seven athletes, the fee will be \$15 per athlete.

Since we have a few extra relays, your athletes will be allowed to run 4 events instead of 3. The field event limitations will not change.

The meet will be held at the newly remodeled Shirley Field. The track surface is similar to the surface at Michael Myers Stadium at the University of Texas. The address for the stadium is 2002 San Bernardo (rear) Avenue, Laredo, Texas, 78040.

The top two teams in each division will be awarded plaques. The top three finishers in the varsity divisions will be awarded medals. The 4th through 6th place finishers in the varsity division, and the top six finishers in the JV divisions will be awarded ribbons.

We will be having an open division 1600 meter run. This event will be a fundraiser for the Laredo Food Bank. The entry fee will be \$15.00. Please encourage your former athletes, coaches, or anyone that you know that may be interested. The race will be run before the high school 1600 Saturday afternoon.

IF YOU ARE INTERESTED IN PARTICIPATING IN OUR MEET, PLEASE EMAIL YOUR INTENT WITH YOUR INFORMATION TO dgutierrez2@elisd.org BY FEBRUARY 11. PLEASE EMAIL THE INFORMATION BELOW BY FEBRUARY 22. GOOD LUCK THIS SEASON!

SCHOOL _____ **COACH** _____

CELL _____ **EMAIL** _____

PLEASE WRITE THE NUMBER OF PARTICIPANTS PER INDIVIDUAL EVENT. PLEASE CHECK OFF WHICH RELAY EVENTS YOU WILL BE COMPETING IN. JV AND VARSITY RELAYS WILL BE COMBINED WHENEVER POSSIBLE (THEY WILL STILL BE SCORED SEPARATELY).

YOU WILL SIGN IN YOUR ATHLETES BETWEEN 7:00 AM AND 8:30 AM ON THE DAY OF THE MEET.

EVENT	Varsity Girls	JV Girls	Extra JV Team	Varsity Boys	JV Boys	Extra JV Team	Open Division 1600 Meter Run Only
SHOT PUT							
DISCUS							
LONG JUMP							
TRIPLE JUMP							
HIGH JUMP							
POLE VAULT							
3200 METER RUN (9:00 AM)							
3200 METER RELAY (11:00 AM)							
400 METER RELAY (12 NOON)							
800 METER RUN							
800 METER MEDLEY RELAY (100/100/200/400)							
100 METER HURDLES (GIRLS)							
110 METER HIGH HURDLES (BOYS)							
Distance Medley Relay (1200/400/800/1600)							
100 METER DASH							
800 METER RELAY							
400 METER DASH							
300 METER LOW HURDLES (GIRLS)							
300 METER INT. HURDLES (BOYS)							
200 METER DASH							
Weight Participants 400 Meter Relay							
1600 METER MEDLEY RELAY (200/200/400/800)							
1600 Meter Run (Open Division)							
1600 METER RUN							
1600 METER RELAY							