

# 2019 TIGER FIELD AND TRACK RELAYS

FRIDAY, MARCH 22<sup>nd</sup>, 2019, 3:00 PM START

## 1 SCORING RUNNING RELAY / TEAM

Unlimited **non-scoring** 3200 run (Penn Relays Qualifier)

“B” NON-SCORING RELAY ALLOWED IN 4 X 16, 4 X 8, DMR

\$150/team \$300/school

4 athletes can be entered in each field event. We will combine the best performances of your best two field athletes for the relay total

## SCHEDULE:

### TRACK EVENTS

3:30 PM	4 X 1600 RELAY (COMBINED)
4:00 PM	SHUTTLE HURDLES G/B
4:20 PM	SWEDISH MEDLEY (1-2-3-4) G/B
4:45 PM	4 X 800 RELAY G/B
5:20 PM	4 X 200 RELAY G/B
5:40 PM	DMR (12,4,8,16) G/B
6:30 PM	4 X 100 RELAY G/B
6:55 PM	SPRINT MED RELAY (4-2-2-8) G/B
7:25 PM	3200 Meter Run Combined (non-scoring)
7:45 PM	4 x 400 RELAY G/B

### FIELD EVENTS

<b>3:00 PM</b>	GIRLS POLE VAULT
	BOYS HIGH JUMP
	GIRLS LONG JUMP
	BOYS TRIPLE JUMP
	GIRLS SHOT PUT
	BOYS DISCUS THROW
	BOYS POLE VAULT
	GIRLS HIGH JUMP
	BOYS LONG JUMP
	GIRLS TRIPLE JUMP
	BOYS SHOT PUT
	GIRLS DISCUS THROW

### Follow Prior Event:

MEDALS TO TOP THREE / EVENT, TROPHY TO 1<sup>ST</sup> PLACE TEAM

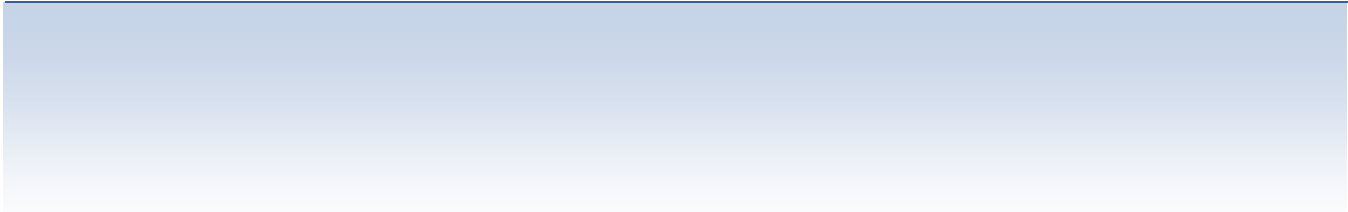
***EACH TEAM IS REQUIRED TO HELP OFFICIATE (B&G = 2 jobs)***

***Reply with your preference to: [steven.lantz@redclay.k12.de.us](mailto:steven.lantz@redclay.k12.de.us)***

***Late or no request = whatever is left***

***REGISTRATION WILL BE VIA MILESPLIT by 7 pm on March 20, 2019  
Sanctioned for DE, PA, MD and NJ***

***E-mail me at [steven.lantz@redclay.k12.de.us](mailto:steven.lantz@redclay.k12.de.us) for the entry password if attending.***



<p><b>Boys &amp; Girls</b> <b>A. I. – Spring Track Relays</b>  <b>March 22, 2019</b></p>	<p><b>Invoice Number: A. I. – 032219</b>  <b>Payment Due Date: 3/15/19</b></p>
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<p><b><u>Check Payment To:</u></b></p>	<p><b>A. I. - Track &amp; Field</b>  <b>c/o Steve Lantz</b> <b>Track Head Coach</b> <b>A. I. duPont High School</b> <b>50 Hillside Road</b> <b>Greenville, DE 19807</b></p>
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<b>Track Relay Fee per Team for Timers, Awards, and Trainer</b>	<b>Track Relay Fee per Team for Timers, Awards, and Trainer</b>	<b>Total Amount Paid</b>
<b>\$ 150.00 per Girls Team</b>	<b>\$ 150.00 per Boys Team</b>	<b>\$</b>

**Thanks,**  
**Steve Lantz**

