**NORTHRIDGE - JAGUAR RELAYS**

**February 27, 2021**

December 31 2020

Dear Coach,

My name is Jeff Sparks, I am the head coach at the Northridge High School in Tuscaloosa, AL. I would like to invite you to come and compete at our meet. The 8th Annual “Jaguar Relays” will be hosted on Saturday, February 27, 2021**.**

The meet will host both **varsity “A”** and **Junior Varsity “Others”** divisions. Mainly a relay style meet, but regular meet style in the field events. **A new idea for the 4 x 1600 & 4 x 100/110m Hurdles: these events will be run in heats, then we will add together the 4-athletes performances of each school to score as a relay (Junior Varsity – 2 athletes). Teams with less than four competitors will not be scored in these events. This change will save time in the meet and give some schools that do not have enough athletes in these events, an opportunity to measure their training programs.**

*We will also run an old favorite of mine: The SSR or Super Sprint Relay – 100,100,200,400.* The field events will be only three jump & three throws with the exception of the high jump and the pole vault events. Yes, I prefer finals in the field events too. But, with all the relays the meet will move fast. Not enough time for finals for field events, with both varsity and junior varsity divisions.

I have many years of experience in hosting successful track & field competitions at both the high school and collegiate levels. A successful meet is one that allows both the athletes and coaches an opportunity to compete and measure their training programs. This success comes from a well organized meet schedule and friendly meet officiating. How better, to achieve this than for you or one of your staff to help officiate some of the meet. What better way to get closer to the action!

Good volunteer help is hard to find, but essential for the meet's success. Your help will be appreciated and rewarded. There will be hospitality room for those coaches that help officiate. Lunch and cold beverages will be served. Coaches, (Schools) will be assigned duties of one or two events depending on the number of team entries. I thank you for your help and look forward to working with you.

Please take a look at the enclosed meet information. I am sure you will find the schedule very competitive and conducive for top level performances. We will have great team awards, and top 3 individual awards for each event. If you have any questions, please give me a call. I look forward to receiving your entries, and watching your athletes perform.

Yours in Track,

Jeff G. Sparks

Jeff Sparks, Head Coach

Home: (205) 553 – 8775, Cell: 792-1804

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FACILITIES: “NEW” 8 - Lane Track, 1/4 inch spikes maximum, Multi-directional runways.

DATE: Saturday, February 27, 2021. ***(Varsity and Junior Varsity Divisions)***

ENTRY RULES: Varsity Teams may enter one team per relay and three per individual events

and Junior Varsity Teams entries are unlimited.

Each athlete may participate in only 4 events.

MEET CONDUCTION: All junior varsity and varsity individual field events will be held as finals,

3 jumps and 3 throws with no finals. With exception in the high jump

and pole vault events. T**he** **4 x 1600 & 4 x 100/110m Hurdles** will be run

in heats, then we will add together the 4-athletes performances of each

school to score as a relay (Junior Varsity – 2 athletes). Teams may

enter less than four competitors but, will not be scored. We will seed

according to entry times. Please be as honest as possible.

ENTRY FEE: $ 150.00 per team Varsity Team – **Limited entries** (Boys & Girls are separate teams).

Boys & Girls together = $300.00. $ 50.00 per Junior Varsity Team.

Please make checks payable to**: Northridge H. S. Track.**

Payments: Accept race day payments. Checks, Cash, or **must at least**

**have a signed purchase order with P.O. number, in order to compete.**

MAIL ENTRIES TO: Jeff Sparks, Northridge H. S., 2901 Northridge Road, Tuscaloosa,

AL 35406. **FAX:** (205) 759-3605, **(H):** 553-8775, **(O):** 759-3590,

**(Cell):** 792-1804. My email address: [Jsparks@tusc.k12.al.us](mailto:Jsparks@nhs.tusc.k12.al.us)

SCORING: Team scoring will be 10 - 8 - 6 - 5 – 4 - 3 - 2 - 1 for all events.

AWARDS: Trophies will be given to first, and second place teams overall

in each division. Awards will be given to the top three places in all

events, including relays.

MEET RULES: The meet will be conducted under National High School Federation

Rules and in accordance with the Alabama High School Athletic

Association spring sports book.

HEAT SHEETS: Heat sheets will be available for coaches prior to the start of the

meet and posted for the athletes. Results will also be posted

following the completion of each event. Coaches, a full set of

results will be mailed or e-mailed to you Monday following the meet.

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**Schedule of Events**

**Running Events: (Rolling Schedule) Saturday, February 27th**

10:00a.m. 4 X 1600 METER RUN (Run In Heats) (JVG, JVB, VG, VB)

4 X 200 METER RELAY (JVG,JVB, VG, VB)

4 X 100/110M HURDLES (Run In Heats) (JVG, VG, JVB, VB)

Sprint Medley Relay (200-200-400-800) (JVG, JVB, VG, VB)

4 X 100 METER RELAY (JVG, JVB, VG, VB)

4 X 800 METER RELAY (JVG, JVB, VG, VB)

Super Sprint Relay (100-100-200-400) (JVG, JVB, VG, VB)

Distance Medley Relay (800-400-1200-1600) (JVG, JVB, VG,VB)

4 X 400 METER RELAY (JVG, JVB, VG, VB)

Field Events: Saturday, February 27th

\*(Varsity & Junior Varsity athletes will compete together but be scored separately)

**High Jump** **Long Jump** **Triple Jump** **Pole Vault Shot Put Discus Javelin**

9:30 a.m. VB & JVB VG & JVG VB & JVB VG & JVG

11:00 a.m. VG & JVG VB & JVB VB & JVB VG & JVG

12:30 p.m. VG & JVG VB & JVB VG & JVG

2:00 p.m. VB & JVB VG & JVG VB & JVB

**\* Note: VB = Varsity Boy, VG = Varsity Girls, JVB = Junior Varsity Boys, & JVG = Junior Varsity Girls**

**Directions:** I-20/59 to Tuscaloosa, take exit 73 (McFarland Blvd.) also called Hwy 82. Stay on McFarland/Hwy. 82 until Rice Mine Road exit. As you exit to your right you will come to a traffic light. Turn left onto Rice Mine Road. At the next light turn left onto Northridge Road. Take Northridge Road 2 miles, school will be on the right. Take the 3rd or 4th turn-in and park in front of the Football Stadium.

Coming in from Hwy. 82 East, Turn right onto Rice Mine Road. At the light take a left, follow Rice Mine road through the next light, then left at the light to onto Northridge Road. Take Northridge Road 2 miles, school will be on the right. Take the 3rd or 4th turn-in and park in front of the Football Stadium.