

Patrick L. Ruth Memorial Relays

Coaches,

We hope you and your team can join us for the 4th Annual Patrick L. Ruth Memorial Relays to held Friday, March 3, 2023 at Joe Yenni Stadium on the campus of East Jefferson High School, in Metairie. Enclosed in this letter is information concerning the meet.

Please remember the following:

- The meet is sanctioned by the LHSAA. (Brother Martin is the host school.)
- The meet is for Girls and Boys varsity teams (must be LHSAA eligible.)
- Field entries are limited to two (2) per team per event. Each will have 4 attempts.
- On the Track, only one (1) relay team per school will be allowed per event.
- Entry fees are **\$75.00** per team. Please make checks payable to **Crescent City Timing**.
- T-shirts will be awarded to the top individual in each event and the 1st place team in each relay. Team Champions will receive trophies.
- All times will be FAT and will be LIVE on MileSplit.
- Entries are now open and will be done on *MileSplit.com*!
- **Entry deadline is 8:00 pm, Wednesday, March 1st!**

If you have any questions, please feel free to contact me at:

coachpanepinto@cox.net

Meet schedule is included.

Thanks for your cooperation and attendance,

Dennis Panepinto
Crescent City Timing Corp.
coachpanepinto@cox.net
(504) 427-7689

Patrick L. Ruth Memorial Relays

Friday, March 3, 2023

Joe Yenni Stadium – East Jefferson High School

Order of Events

4:00 PM Shot Put (Boys, Girls)
Discus (Girls, Boys)
Javelin (Boys, Girls)
Long Jump (Girls, Boys) followed by Triple Jump (Girls, Boys)
High Jump (Boys, Girls)
Pole Vault (Girls, Boys)

We will follow a rolling time schedule!

(Girls will precede Boys in all running events.)

5:30 PM 4 x 800 Meter Relay
100/110 Meter Hurdles
100 Meter Dash
4000 Distance Medley Relay (800, 400, 1200, 1600)
800 Sprint Medley Relay (100, 100, 200, 400)
1600 Meter Run (1 runner per team ONLY)
4 x 100 Meter Relay
1200 Spring Medley Relay (200, 200, 400, 400)
300 Meter Hurdles
4 x 400 Meter Relay