

MAC B3 EAST HIGH INVITE

FRIDAY, MAY 3, 2019@ EAST HIGH SCHOOL

Please email your intent to participate to:

sheri.munoz@rcsdk12.org or bryan.ragland@rcsdk12.org

DEADLINE FOR ENTRY AND ENTRY FEES IS TUESDAY, April 30, 2019.

START TIME: 4:00 PM COACHES MEETING: 4:10 PM

TRACK EVENTS BEGIN: 4:30 PM FIELD EVENTS BEGIN: 4:30 PM

15-18 TOTAL TEAMS ACCEPTED.

ALL CO-ED ENTRANTS MUST HAVE 3 MALES AND 3 FEMALES FOR A COMPLETE CO-ED TEAM.

CO-ED EVENTS WILL BE CATEROGIZED AS BEING BEAUTY & BEAST RELAYS.

ALL NUMBERS WILL BE GIVEN IN THE CLERKING AREA.

**TRACK EVENTS: 100M, 200M, 400M, 1500M/1600M, 100/110 HURDLES, 400HURDLES, 4x100M RELAY,
4x100M CO-ED RELAY, 4x400M RELAY, 4x400M CO-ED RELAY,**

SPRINT MEDLEY CO-ED RELAY (400M–MALE, 200M-FEMALE, 200M–MALE, 800M-FEMALE)

**FIELD EVENTS: CO-ED LONG JUMP, CO-ED TRIPLE JUMP, CO-ED HIGH JUMP (STARTING HIGH FOR
FEMALES@ 4'00", MALES@5'00", CO-ED SHOT PUT, CO-ED DISCUS THROW.**

THE LONG JUMP, TRIPLE JUMP, SHOT PUT, AND DISCUS THROW WILL HAVE 3 ATTEMPTS.

AWARDS ARE 1st Place =T-Shirts.

2nd and 3RD PLACES =Medals.