



SPARTAN RELAYS

Rio Mesa High School • 545 Central Avenue • Oxnard, California 93036 • (805) 278-5530 • (805) 278-5552 FAX

Dear Coach:

The 24th annual **Spartan Relays** will be held on **Saturday, April 3, 2010**, at Rio Mesa High School in Oxnard. Entries will be limited to 27 schools, and teams that are first to respond will be given priority to compete in the meet. As in the past, the meet will be run on four levels (BV/GV/BFS/GFS), and the team aspect of our sport will be stressed. Please consider the following information:

- FACILITY:**
- 9 lane metric all-weather track
 - FAT timing
 - All-weather runways (3) and high jump areas (2)
 - Ample warm-up area adjacent to track
 - Complete snack bar facility

RUNNING EVENTS (all divisions):

- 4 x 100
- 8 x 200
- 4 x 400
- 4 x 800
- 4 x 1600 (XC finish)
- Sprint Medley (100-100-200-400)
- Distance Medley
- 4 x 110HH (BFS run 36")
- 4 x 100 HH (GFS run 30")
- Throwers' 4 x 100 (open—no FS)
- (a co-ed 4x100 is being considered)

FIELD EVENTS (all divisions—3 entrants / run as relays):

- Long Jump
- High Jump
- Discus
- Triple Jump
- Shot Put
- (Pole Vault is **NOT** contested)

- AWARDS:**
- Relays—Team medals to 5th place (over 1,100 total medals!)
 - Team—Championship plaque in each division
Runner-up plaque in each division
Boys / Girls Sweepstakes plaque

Please e-mail me immediately at itzbfitz@gmail.com if you plan to attend. If you have any questions, please contact me on my cell **(805) 469-9779** or by email. Thanks for your continued support of our event. Onward...

Sincerely,

Brian FitzGerald
Meet Director