

Parlauf Relays

Saturday, January 30, 2010

The competition will consist of one relay (5 x 200m x 8). Each team will consist of 5 athletes and each of the 5 athletes will run 200 meters 8 times. Therefore the total distance covered will be 8000 meters (1600 meters per athlete; in 200 meter increments). There will be separate races for boys' and girls'. You can run multiple teams, as we will run as many heats as necessary.

Pre-entry deadline is January 27, 2010

EMAIL TO: danfitzlb@hotmail.com

School: Girls'	Boys' / please circle
Relay Members: grade	
1.	
2.	
3.	
4.	
5.	

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Relay Members: grade	
1.	
2.	
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Total number of athletes entered _____
 Entry per athlete x \$5.00
 Total entry fee \$ _____

Heats will be seeded by 2009 CIF/LA City finish and by a first come first serve basis.

Records - Boys 19:01.3 (Arcos, Cerda, Fitch, Gauger, Verdone – *unattached* Corona, '08)
 Girls 20:59.8 (Hood, Williams, Young, Daily, Collins – *unattached* LB Wilson, '05)

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1.	
2.	
3.	
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Race Day Entry Deadline 8 AM