



- What:** West Los Angeles College *Parlauf Relays* @ Warren High School
- Date:** Saturday, January 30, 2010
- Time:**
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| Stadium Open | 7:30 am |
| H.S. Girls "A" Race | 9:00 am |
| H.S. Boys "A" Race | 9:40 am |
| H.S. Girls "B" Race | 10:15 am |
| H.S. Boys "B" Race | 10:55 am |
| Award Ceremony | 11:35am |
- Location:** Warren High School, 8141 DePalma Street, Downey, CA 90241
Parking is located in the rear of the school off on Gurley Ave. Just east of the campus.
- Facility:** Brand New 9 lane, all weather surface. Only 3/16 inch or less needle spikes will be allowed.
- Purpose:** The relays purpose is to provide you an opportunity to build interest in your program by giving your athletes an early chance to compete against some of the finest athletes California has to offer.
- Instructions:** 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 (20 laps) will be 8000 meters (1600 meters per athlete; in 200 meter increments). There will be 2 teams to a lane. A 2-turn stagger will be used (thus the first 2 handoffs will be in lanes, and the 3rd runner will break for the pole).
- Clerk:** Competitors will receive starting instructions from the clerk 10 minutes prior to race. All competitors will be escorted to their respective place (runners 1, 3, and 5 at the start/finish line; runners 2 and 4 at the opposite corner of the track).
- Uniforms:** Please remember this relay event is an **unattached activity** for high school students, who are members of your team. Since all athletes will be competing unattached there can be no school uniforms, so as not to violate high school governing body regulations. We are asking that the teams wear matching t-shirts and/or shorts, or similar outfits, if possible as to eliminate confusion with so many handoffs.
- Team Packets:** Packets can be picked up Saturday morning, and will include lane assignments and race numbers. Heats will be seeded by 2009 CIF/City finish and by a first come first serve basis.
- Equipment:** Teams should furnish their own batons.
- Rain or Shine:** Meet will be held rain or shine.
- 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)
- Awards:** 1st, 2nd, and 3rd place overall relay teams will receive *Parlauf* Relays Champion sweatshirts.
- Entry Forms:** Available at <http://www.dyestatcal.com/> Call to reserve your spot.
- Entry:** Email to danfitzlb@hotmail.com by January 27, 2010. Please bring your entry fee (\$5.00 per athlete) to the meet on Saturday.
- Questions:** Call Coach Fitzpatrick at West LA College (310) 287-4587 or email danfitzlb@hotmail.com