



FOWLER REDCAT RELAYS

Saturday, March 6th, 2010

We are honored to have your school participate in our fifth Track and Field Invitational.



Entry Fee: \$6 per individual and \$10 per relay or \$180 per team. Due at the beginning of the meet.
Please make checks payable to Fowler Track & Field.

Awards: Top 5 places in each open event will medal. Top 3 places in each relay will medal.

Where: Fowler High School

Rules: Only four individuals per team per event. Only one relay per team. **Only 1/8" or 3/16" spikes will be allowed.** Please check your athletes shoes. Spikes will be sold for \$2/pair of shoes.

Facilities: Fowler High School has an eight lane all weather track with all weather runways and surfaces. Seating is limited. Teams may camp their athletes outside the stadium in the football stadium.

Concession: There will be a concession stand available.

Time: Field events begin at 9:00 am and Running events will begin at 10:00 am.

Any questions, please do not hesitate to call Jayleen Budwig at 834-6160 or email jbudwig@fowlerusd.org



TRACK EVENTS

Shuttle Hurdles (3 runners/team)

3200 Meters (open)

4 x 100 Meter Relay

300 Meter Hurdles (open)

Sprint Medley (200,200,400,800)

Distance Medley (1600,1200,800,400)

100 Meters (open)

1600 Meters (open)

4 x 200 Meter Relay

Weightman's Relay

4 x 400 Meter Relay

FIELD EVENTS (all field events are open)

Long Jump

Triple Jump

Shot Put

Discus

High Jump

Pole Vault

Please fill out the necessary information below and send back the bottom portion to:

Jayleen Budwig

Fowler High School

701 E. Main St.

Fowler, CA 93625

School _____

Head Coach _____

Coach's Phone & email _____

Yes we will attend _____

Please circle groups that will participate: F/S BOYS VARSITY GIRLS VARSITY BOYS

No we will not attend _____



Please list the #of teams (relays) or athletes (open events) that might be participating in each event. Remember only 4 athletes per event except the shuttle hurdle race is 3 athletes to make a team.

TRACK EVENTS	F/S BOYS	VARSITY GIRLS	VARISTY BOYS
Shuttle Hurdles	_____	_____	_____
Distance Medley	_____	_____	_____
4 x 100 Meter Relay	_____	_____	_____
300 Meter Hurdles (open)	_____	_____	_____
Sprint Medley	_____	_____	_____
100 Meters (open)	_____	_____	_____
4 x 200 Meter Relay	_____	_____	_____
1600 Meters (open)	_____	_____	_____
Weightman's Relay	_____	_____	_____
3200 Meters (open)	_____	_____	_____
4 x 400 Meter Relay	_____	_____	_____
FIELD EVENTS (all field events are open)			
Long Jump	_____	_____	_____
Triple Jump	_____	_____	_____
Shot Put	_____	_____	_____
Discus	_____	_____	_____
High Jump	_____	_____	_____
Pole Vault	_____	_____	_____

Please submit all entries to www.athletic.net. Enclosed in this packet is an instruction sheet. If you are having difficulties with this process, please feel free to call me or email me at 559-834-6160 x 4304 or jbudwig@fowlerusd.org

You may also fax this sheet to me by Wednesday, March 4th along with a roster of your athletes' names (first and last name of each athlete). Fax # is 559-834-3284.