

Mt. Pleasant Relays

Sat March 6th 2010 Mt.pleasant H.S.

BIG RELAY MEET FOR BIG TEAMS!

All teams confirm with Steve Nelson If you will be returning

Field will be 16 teams! No more! make your reservation now!!

We are pleased to invite your boys and girl's track and field teams to the twenty first annual **Mount Pleasant Relays**. As you know, this is a participation meet. You have to have numbers to compete. With this in mind we have invited schools with strong programs and large turnouts. All teams entered are among the best in California. There will be 16 full teams participating in the meet, **6**. Every event including field events will be a relay. The following will give you the specifics of the meet, **Our facility has 2 Vault areas. 2 shot rings. and 2 discus areas. 2 high jump areas**

Place: **Mt.Pleasant H.S.**

Date: **Saturday March 6,2010**

Time: 8:00-3:00 (Cost: \$400 Per School \$200boys/\$200 Girls Make check payable to Mt.Pleasant High School.

Format

1. Every event is a relay requiring 4 participants of the same sex (**including Jumps and throws.**)
2. Scoring will be 10-8-6-4-2-1.
3. There will be a team trophy for 1st place boys, 1st place girls and 1st place combined. **Watches** will be given to all members of winning relay teams

We have no set time schedule. The first running event will begin promptly at **#11:00** with the girls running first then boys. We will follow the order of events to conclusion. 1 heat of all events (**except Shuttle hurdles/4x400 and shorter events**) Meet should be over around 3:00 P.M.:

1. 4x100m/110 mHH
2. 4x 1600 Relay 1 heat boys/girls
3. 4x100 meter Relay
4. 4x800 meter relay 1 heat boys /girls
5. 4x300mIH Shuttle relay
6. 4x200 meter Relay
7. 4x3200 meter Relay competitors will run together in both races like X- C Combined times determine place.
8. Weightmens/women's 400 Relay (**must have thrown the shot or disc in the meet to be eligible**) *****(if shot/Disc not complete this will move to after 4x400)***

9. 4x400 meter Relay

*****Any incomplete teams must inform clerk of course at coaches meeting 10:00 or at start line to reseed heats.**

Field Events:

1. Throwing Events will begin at 10:00; competitors will throw in flights by school. Girls will throw the Shot, Boys the Disc. Everyone will have **4 throws**.

3. In the LJ/TJ There will be 2 pits the long jump will begin at **8:00**(and the Triple jump will follow (approx 11:30?). The Boys will jump in front of the visiting grandstands. The girls in in the pit near the home grandstands. Athletes will jump in flights by school and each jumper will have **4 jumps**. If jumper scratches or you only have 3 jumpers, those marks that are legal will be added for the team score.

4. **The HJ**, will begin at **9:00(2 pits)** with the bar at 4'0 for the girls 5' for the boys .The bar will go up 4" at a time till 5'0(girls) 6'0"(boys) where it will then be raised 2" at a time.

5.The Pole Vault will start at 9:00. The bar will be set at 6' (girls) 8' (boys), The bar will be raised at 1-foot intervals till 9'(girls), 12'(boys) where it will then be raised in 6" intervals. *The vault official may change this height rule.**

***. (Track events will not be underway and you may run through on the track.)**

6. Remember in all field events each team should have four entrants. The best mark of each entrant will be used to compute the total team mark. Should 1 of your athletes foul or you don't have four athletes the remaining athletes' scores will comprise the teams score.

7. **Clerk** of the course; All teams will be entered and should report to the start line when called it is assumed all teams are entered in all relays. Clerk will reseed heats at the line if needed.

8. Coaches meeting (New) We will need 1 rep from each team in the center of the field at 10:00 to discuss meet format and possible scratches to to early reseed of relays/Shuttle hurdles

Miscellaneous Information; track requires **3/16 inch spikes anything bigger and you will trip**. There will be no locker rooms available, but bathrooms will be open. There will be a **(\$5.00)** charge for all spectators over the age of 10. Parking will be in the student@ faculty parking lots, and on the street. Buses may park at Boeger Jr High across from the track. There will be a concession stand open, and there will be meet **t-shirts** available for **\$15**. You may bring your Entry fee (Made out to Mt. Pleasant H.S. with you to the meet or mail it to me at school. This meet will be run rain or shine and there will be no refunds of entry fees.

The address is Mount Pleasant High School
1750 S. White Road

San Jose, Calif 95127
If you have any questions don't hesitate to E-Mail

Steve Nelson
E-mail sn0038@aol.com

*****Some Field Event start times have changed Check new times**

I look forward to seeing you
Steve Nelson
Meet Director

Time schedule

All Running events 11:00 events follow order no set time. Girls then boys!

1. 4x100m/110 mHH
2. 4x 1600 Relay
3. 4x100 meter Relay
4. 4x800 meter relay
5. 4x300mIH Shuttle relay
6. 4x200 meter Relay
7. 4x3200 meter Relay competitors will run together in both races like X- C
8. Weightmens/women's 400 Relay (must have thrown the shot or disc in the meet to be eligible) *** (if shot/Disc not complete this will move to after 4x400)*
9. 4x400 meter Relay

Field events

L.J. Boys and Girls 8:00(new Time) T.J.to follow approx 11:30??

P.V./H.J 9:00 boys pit and girls pit
Shot/Disc 10:00. **2 shot/disc circles

If you send me your e-mail address I will E-mail you heat sheets/Field event team order ahead of time for planning

MT. PLEASANT RELAYS RECORDS

BOYS

4x100m	41.5	MT.PLEASANT	1992
4x200m	1:27.6	MT.PLEASANT	1992
4x400m	3:16.24	J.W. NORTH (RIVERSIDE)	2007
4x800m	8:05.80	J.W.NORTH(RIVERSIDE)	2007
4x1600m	18:10.00	MADERA	2004
4x3200m	39:25.0	BUCHANAN	2008
4x110mHH	1:03.27	LOGAN	2004
4x300mIH	2:43.3	LOGAN	1990
4x SHOT PUT	226'5 1/2"	ARROYO GRANDE	2004
4xDISCUS	636'11 1/4	ARROYO GRANDE	2003
4xLONG JUMP	85' 3 3/4"	LOGAN	1997
4xTRIPLE JUMP	181'3 1/2"	LOGAN	2008
4xHIGH JUMP	25'2"	ARROYO GRANDE	1996
4xPOLE VAULT	55'2"	ST.FRANCIS	2005
4x100m WT. MAN	45.9	LOGAN	2001

GIRLS

4x100m	46.47	WILSON(L.B.)	2004
4x200m	1:38.15	LOGAN	2004
4x400m	3:45.20	WILSON (L.B.)	2004
4x800m	9:34.8	WILSON(L.B.)	2004
4x1600m	21:43.19	LOS GATOS	2007
4x3200m	47:29.6	MONTE VISTA	2006
4x100mHH	1.05.19	LOGAN	2007
4x300mLH	2:58.4	LOGAN	2002
4xSHOT PUT	165' 5"	ARROYO GRANDE	2003
4xDISCUS	515'11"	ARROYO GRANDE	2004
4xLONG JUMP	72'4 1/2"	LOGAN	2008
4xTRIPLE JUMP	148'4 1/2"	LOGAN	2008
4xHIGH JUMP	20'8	ST.IGNATIUS	2001
4xPOLE VAULT	39'	ARROYO GRANDE	2002
4x100m WT. WOMANS	56.90	BUCHANAN	2008

PREVIOUS CHAMPIONS

YEAR	BOYS	GIRLS	OVERALL
1990	BELLARMINE	ST.FRANCIS	LOGAN
1991	ST.IGNATIUS	LOGAN	LOGAN
1992	LOGAN	LOGAN	LOGAN
1993	ST.IGNATIUS	ST.IGNATIUS	ST.IGNATIUS
1994	BELLARMINE	ST.IGNATIUS	ST.IGNATIUS
1995	LOGAN	LOGAN	LOGAN
1996	LOGAN	LOGAN	LOGAN
1997	LOGAN	LOGAN	LOGAN
1998	ST.IGNATIUS	LOGAN	ARROYO GRANDE
1999	ARROYO GRANDE	ST.IGNATIUS	ST.IGNATIUS
2000	ARROYO GRANDE	CARONDOLET	ARROYO GRANDE
2001	ARROYO GRANDE	LOGAN	LOGAN
2002	LOGAN	LOGAN	LOGAN
2003	LOGAN	ARROYO GRANDE	LOGAN
2004	LOGAN	LOGAN	LOGAN
2005	LOGAN	LOGAN	LOGAN
2006	LOGAN	LOGAN	LOGAN
2007	LOGAN	LOGAN	LOGAN
2008	LOGAN/BISHOP O'DOWD	LOGAN	LOGAN
2009	LOGAN	LOGAN	LOGAN