

PINE TREE INDEPENDENT SCHOOL DISTRICT

ATHLETIC DEPARTMENT

December 4, 2009

Dear Coach:

We would be pleased to have your teams in the Graham- Knowles Invitational Relays on Saturday, February 27, 2010. Only the first 12 teams will be accepted!

Guidelines For The Meet Are As Follows:

- 1. Scratch meeting will be at 8:30 a.m. on Saturday at the stadium F.H.*
- 2. Each event will be run as FINALS, taking the best 6 times for points/places.*
- 3. Field Events: Var. and JV divisions will get 3 attempts. No Finals.*
- 4. 1/4 inch spikes will be worn on the track.*
- 5. Team championship, runner-up, and relay trophies will be awarded.*
- 6. Medals will be awarded 1st thru 6th in all divisions.*
- 7. Awards will be picked up in the press box after the meet.*
- 8. Results will be emailed.*
- 9. Entry fee will be \$150.00 each, Varsity Boys & Girls, and \$100.00 for JV Boys.*
- 10. Entry fees should be mailed or brought the day of the meet.*
- 11. All camps will be in the stands. No one will be allowed on field unless warming up for the next race.*

Sincerely ,

MIKE DARBY
Boys Track Coach
903-295-5142

ROBIN HERBER
Girls Track Coach

PINE TREE GRAHAM KNOWLES INVITATIONAL

SCRATCH MEETING 8:30 (STADIUM FIELDHOUSE)

FIELD EVENTS 9:00

POLE VAULT - JV BOYS, VARSITY GIRLS, VARSITY BOYS
SHOT PUT - VARSITY GIRLS, VARSITY BOYS, JV BOYS
DISCUS - VARSITY BOYS, JV BOYS, VARSITY GIRLS
HIGH JUMP - VARSITY BOYS, JV BOYS, VARSITY GIRLS
LONG JUMP -, VARSITY GIRLS, VARSITY BOYS, JV BOYS
TRIPLE JUMP - JV BOYS, VARSITY GIRLS, VARSITY BOYS

VARSITY & JV DIVISIONS WILL GET 3 ATTEMPTS. NO FINALS.

STARTING HEIGHTS WILL BE DETERMINED AT SCRATCH MEETING.

ALL RUNNING EVENTS WILL BE RUN AS FINALS WITH PLACES AND POINTS DETERMINED BY THE BEST 6 TIMES IN EACH EVENT.

NOTE: WHEN ENTERING YOUR ATHLETES HEAT 1 WILL BE THE FASTEST HEAT.

RUNNING EVENTS:

10:00 3200 METER

1:00 400 METER RELAY
800 METER
100 METER HURDLES
110 METER HURDLES
100 METER
800 METER RELAY
400 METER
300 METER HURDLES
200 METER
1600 METER
1600 METER RELAY

PINE TREE GRAHAM KNOWLES INVITATIONAL

Pine Tree will offer team meals for the track meet. The meal will be \$5.00 per person and will consist of:

- 1 Large Char grilled Hamburger*
- 1 Bag of Chips (choice)*
- 1 Candy Bar (choice)*
- 1 Drink (choice)*

*Tickets for your athletes will be given out at the coaches meeting.
Pine Tree can bill your school for the meals after the track meet.*

*PINE TREE TRACK
ATHLETIC DEPARTMENT
P.O. BOX 5878
LONGVIEW, TEXAS 75608*

*FAX (903) 759-0898
PHONE (903) 295-5142*

We will need _____ meals for our track teams.

We will not need any meals for our track team. _____

Please return to our office by: February 5, 2010.

School _____

Coach _____

*Pine Tree Graham Knowles Invitational
February 27, 2010*