

2009 PLANO EAST RELAYS

Dear Coaches,

You are invited to attend the 2nd Annual Plano East Relays to be held on Saturday March 6, 2010 at the P.I.S.D.'s Tom Kimborough Stadium in Murphy, Texas. This is a 5-A / 4-A Boys Meet with JV & Varsity Divisions along with some special relays.

There will be Prelims and Finals. We will be accepting the first 14 teams to reply with entries for both JV & Varsity Divisions. Entry fees are as follows: \$100 for JV Team & \$150 for Varsity Team. Please email of your interest to attend and complete and return the contact information sheet. If you have any questions,

please email or call my cell phone: Keith.Wagner@pisd.edu / cell: 469-323-4818

Sincerely,
Keith Wagner
Hd Boys CC / Track
Plano East Senior High

Make checks payable to Plano I.S.D. Athletic Dept. & send to:

Sharon Rollins
Plano ISD Athletic Dept.
6600 Stadium Dr.
Plano, Texas 75023

Please print all information and return by mail or email:

School Name: _____

Head Track Coach: _____

Email address: _____

Phone Nos. _____

PLANO EAST RELAYS

SATURDAY MARCH 7, 2009

SATURDAY MARCH 6TH

PRELIMS: 9:00 A.M.

3200M RUN - FINAL
4 X 100M RELAY

110M HURDLES

100M DASH
4 X 200M RELAY
400M DASH
300M INT. HURDLES
200M DASH
DISTANCE MEDLEY RELAY - FINAL
(800 - 400 - 1200 - 1600)

FINALS: 2:00 P.M.

4 X 800M RELAY
4 X 100M RELAY
110 M HURDLES
100M DASH
4 X 200M RELAY
400M DASH

300M INT. HURDLES
200M DASH
1600M RUN
4 X 400M RELAY

FIELD EVENTS:

WEST SIDE:

POLE VAULT:

VAR - JV

WEST SIDE:
SHOT PUT: VAR

OUTSIDE STADIUM A
(FAR RING)
DISCUS: JV

NOTE: JV RUNS FIRST

VARSITY IN ALL

COACHES: WE WILL

TROPHIES: VARSITY & JV
ALONG WITH
RUNNER UP IN EACH DIVISION

MEDALS: TOP THREE PLACE
MEDALS
FOR ALL RELAY TEAM MEMBERS