

2018 Wildcat Invitational Relays

Date: March 10th, 2018 (Saturday)
Time: 9:00 am Field/9:00 am Track
Location: Paloma Valley High School



Events:

Relays:

- 4x100
- 4x100 Frosh/Soph
- Sprint Medley (100,100,200,400)
- Distance Medley Relay. (1200, 400, 800, 1600)
- 4x800
- 8x100

Coed Relays:

- Coed 4x200 Meter (GGBB)
- Coed 4x200 Frosh/Soph relay (GGBB)
- Coed 4x400 Meter (GGBB)
- Coed Shuttle Hurdles
 - Legs 1 and 3 will be Girls legs...100H, with 10m added on at the end
 - Legs 2 and 4 will be Boys legs 110HH
- Coed 4x100 Weight Relay (GGBB) *All athletes must have competed in a throwing event during the meet*

Individual events:

- **“Wildcat takes the Hindmost”** 8 lap race (2 entries per team per gender...this is not a coed race)
 - This is a unique and fun race
 - Halfway though each lap an announcement of how many runners will be eliminated will be made (no cuts 1st lap) ex: “We are going to cut 6 this lap”
 - At the end of the lap, that many runners will be trimmed off the back of the field. Ex: The last 6 runners across the finish line that lap will be asked to step off the track
 - This race ends up being an interval workout of sorts as the back group starts sprinting to keep from getting cut. Because of the tough nature of this race, we will be placing it as the last distance event in the racing schedule.

Field Events

- Long Jump, Triple Jump, High Jump, Shot Put and Discus will all be scored as a 4 person relay (2 boys, 2 girls) with the marks added together to determine the winner.

Scoring: The meet will be scored with Hy-Tek using a 10-8-6-4-2-1 scoring system
FinishLynx will also be used to give Fully Automatic Marks.

Awards: Medals to the top 3 in each relay.
Trophies to the top 3 overall coed teams in each division.

Fee: \$375 per team (Boys and Girls is 1 team)
\$575 if you want to enter a full set of A and B teams.

Please Make checks Payable to. "Paloma Valley Track and Field"

First 18 teams will gain Entry to the meet.

Contact Info:
Ryan Sharp
Phone: 951-390-5599