

BREA RELAYS IS BACK!!!

Dear Coaches,

I would like to invite you and your team to participate in the Brea Relays on Saturday, March 4th at Brea Olinda High School. The meet is CIF sanctioned and is a great early season meet to get both individual and relay marks. The format will be the same as the previous Brea Rotary Relays with both individual races as well as relays. Field events will be scored as relays as well (three athletes per team).

INDIVIDUAL RACES

(*one entry per team)

100 LH (GIRLS)

110HH (BOYS)

100

400

1600

RUNNING RELAYS

4 X 100

4 X 200

4 X 400

4 X 800

SPRINT MEDLEY (1-1-2-4)

SHUTTLE HURDLE

THROWERS 4 X 100

DISTANCE MEDLEY

COACHES MEDLEY (800-400-300-100)

FIELD RELAYS

LONG JUMP

HIGH JUMP

TRIPLE JUMP

SHOT PUT

POLE VAULT

DISCUS

*if space permits we will allow multiple entries (as well as relays)

DATE/TIME: Saturday, March 4th, 2017 8:20am-5:00pm

DIVISIONS: Boys and Girls Varsity and Frosh/Soph

AWARDS: Top 5 individual/relays per event. Top 2 overall teams.

FEES: \$100 per team (\$350 max if bringing all 4 teams)

SPIKES: 3/16 max

ENTRY: Entries will be made on www.finishedresults.com. Seeding of all races will be random.

We wish to run a timely meet and will limiting entries to the first 23 teams to respond/sign up/send contract. If you have questions, please feel free to call me at (714)292-6915. We are looking forward to hosting you at our meet.

Sincerely,

Dreux Valenti

Head Coach, Brea Olinda Track and Field

(714)292-6915

dvalenti@bousd.us

Brea Relays Time Schedule (we will run ahead if possible)

RUNNING EVENTS

8:20am	100/110 Hurdles
9:10am	400m
9:55am	100m
10:20am	1600m
11:00am	4 x 200m relay
12:00	4 x 100m Throwers Relay (must compete in one of the throwing events)
12:20	4 x 100m Relay
1:00pm	Distance Medley
	Coaches Relay
2:10pm	Sprint Medley (1-1-2-4)
2:50pm	4 x 800 Relay
3:55pm	Shuttle Hurdle Relay
4:30pm	4 x 400 Relay

****Time schedule is approximate and will depend on the number of teams/heats. A new schedule will be posted if times are expected to change.

FIELD EVENTS (3 athletes per event)

LONG JUMP

8:00am -10:00am	Boys Frosh/Soph
10am-12:00	Boys Varsity
12:00-2:00pm	Girls Varsity
2:00pm-4:00pm	Girls Frosh/Soph

DISCUS

8:00am-10:00am	Girls F/S
10:00am-12:00	Girls Varsity
12:00-2:00pm	Boys F/S
2:00pm-4:00pm	Boys Varsity

TRIPLE JUMP

8:00am-10:00am	Girls Varsity
10:00am-12:00	Girls Frosh/Soph
12:00-2:00pm	Boys Varsity
2:00pm-4:00pm	Boys Frosh/Soph

SHOT PUT

8:00am-10:00am	Boys Varsity
10:00am-12:00	Boys F/S
12:00-2:00pm	Girls Varsity
2:00pm-4:00pm	Girls F/S

HIGH JUMP

8:00am-10:00am	Girls Frosh/Soph
10:00am-12:00	Girls Varsity
12:00-2:00pm	Boys Frosh/Soph
2:00pm-4:00pm	Boys Varsity

POLE VAULT

8:00am-10:00am	Boys Varsity
10:00am-12:00	Girls Varsity
12:00-2:00pm	Boys Frosh/Soph
2:00pm-4:00pm	Girls Frosh/Soph