

KEN HARRELL / JAGUAR RELAYS

2008

Flower Mound High School

Dear Coach,

Your team is invited to compete in the Ken Harrell/Jaguar Relays at Flower Mound High School. The meet is being held on March 28, 2008 at the Neal Wilson/Jaguar Stadium.

Team Trophies will be awarded to the top two scoring teams in all four divisions, and a medal for each member of the top three teams in each relay race.

1:00 p.m. Scratch Meeting, in the FMHS Field House
2:30 p.m. Field Events
4 x 1600 m relay (Varsity only)
4 x 800 m relay (JV division)

Meal ticket for Coaches and Workers will be handed out at registration

5:00 p.m. 4 x 100m Relay
4 x 800m Relay (Varsity)
100/110m hurdles (Varsity division only, may enter four athletes)
100m dash (Varsity and JV)
1600m Sprint Medley Relay (200,200,400,800)
4 x 200m Relay
300m hurdles (Varsity division only, may enter four athletes)
Distance Medley Relay (800, 400, 1200, 1600)
4 x 400m Relay

All races will be run in the following order: JV Girls, Varsity Girls, JV Boys, Varsity Boys. We will combine the Varsity Girls and JV Girls, and then the Varsity and JV Boys in the DMR (score them separately).

There will not be any pre-lims for the open races. Please enter your faster runners in the last heats. Varsity and JV will run the 100 m dash simultaneously on each straight.

Fax or email your entries by March 25th. Fax number 972-691-5826 (cooka@lisd.net)

You do not need to submit names for relay members, but let me know which relays your team is entering. You also do not need to send in names for the open races or Field Events, but do send the number of entries in each event so we may have those lanes and positions reserved for. You will enter your athletes name in your reserved running lane during the scratch meeting. If you miss entering your field event athlete, you may enter him/her at the field event arena before the event starts. Entry form is included with this invitation.

An athlete may mix varsity and JV events, but may only compete in three running and two field or 2 running and 3 field events. They may not compete in the same event in both varsity and JV.

Throwing events: 4 throws/jumps in the varsity division, three throws/jumps in the JV divisions (no prelims, only finals).

High Jump starting heights: JV Girls 4' 0" Varsity Girls 4' 4" JV Boys 5' 0" Varsity Boys 5' 4"

Pole Vault starting heights: JV Girls 5' 6" Varsity Girls 6' 0" JV Boys 9' 6" Varsity Boys 11' 0"

Order of Field events:

Discus:	VB	JVB	VG	JVG
Shot Put:	VG	JVG	VB	JVB
Triple Jump:	VG	JVG	VB	JVB (east pit)
Long Jump:	VB	JVB	VG	JVG (west pit)
High Jump:	VB	JVB	VG	JVG
Pole Vault:	JVG	VG	JVB	VB

Gate charge: adults- \$3.00 students- \$2.00

Entry fee is \$125 per varsity team and \$75 per JV team.

Make check payable to: **FMHS Track Booster Club**

Mail to: Flower Mound H.S.
Attn. Andrew Cook
3411 Peters Colony
Flower Mound, TX 75022

Feel free to contact me with any concerns or questions.

We are looking forward to seeing your team at the Third Annual Ken Harrell/Jaguar Relays.

Sincerely,

Andrew Cook
Head Coach, Boys/Girls Track
Cell: 972-762-9198
E-mail: cooka@lisd.net

We are limiting the field to 8 teams to prevent from having heats in the relay events.

**KEN HARRELL/JAGUAR RELAYS
2008**

School Name and mascot: _____

Track Coach Names: _____

100m dash: JVG # _____ VG # _____ JVB # _____ VB # _____

100m Hurdles: JVG # _____ VG # _____

110m Hurdles: JVB # _____ VB # _____

Place a check beside the relays you are entering.

Varsity Boys

4x1600 _____
4x800 _____
4x400 _____
4x200 _____
4x100 _____
DMR _____
SMR _____

Varsity Girls

4x1600 _____
4x800 _____
4x400 _____
4x200 _____
4x100 _____
DMR _____
SMR _____

JV Boys

4x800 _____
4x400 _____
4x200 _____
4x100 _____
DMR _____
SMR _____

JV Girls

4x800 _____
4x400 _____
4x200 _____
4x100 _____
DMR _____
SMR _____

High Jump: JVG # _____ VG # _____ JVB # _____ VB # _____

Long Jump: JVG # _____ VG # _____ JVB # _____ VB # _____

Triple Jump: JVG # _____ VG # _____ JVB # _____ VB # _____

Pole Vault: JVG # _____ VG # _____ JVB # _____ VB # _____

Shot Put: JVG # _____ VG # _____ JVB # _____ VB # _____

Discus: JVG # _____ VG # _____ JVB # _____ VB # _____