

South Texas Coaches Association
Regional Qualifier Meet
(Laredo, Texas)

Date: Friday, April 18, 2008

Location: Student Activity Complex (SAC)

Order of Events:

3:30p.m. 3200 m run Girls, then Boys

3:30p.m. Field Events (begin at 3:30p.m. or ASAP)

Long jump	B, G	Shot	G, B
Triple jump	G, B	Discus	B, G
High jump	G, B	Pole vault	B, G

5:30p.m. Running events (timed finals – Last Heat will be Fast Heat)
FAT timing

4 x 100m	400 m
800 m	300 H
100 LH	200 m
110 H.H	1600 m
100 m	4 x 400m
4 x 200m	

Notes:

- 1) Please contact Javier Coronado W(956)795-3849 ext. 134
C(956)324-2441 jacoronado@elisd.org or Jorge Vasquez
C(956) 333-0821 jevasquez@elisd.org
- 2) Entry fee is \$5 per athlete
- 3) Please include District times with athlete's entry, those without times will be placed in slow heat.
- 4) Deadline to send entries Tue., April 15

Address: Student Activity Complex 5208 Santa Claudia Ln. Laredo, Tx.
78043. By highway 359 and Loop 20 (bob bullock loop)