

SOUTH TEXAS COACHES ASSOCIATION
Regional Qualifiers Meet
April 24, 2009
Laredo, Texas

Location: Student Activity Complex (SAC)
5208 Santa Claudia Lane (Highway 359 and Loop 20)

Order of Events:

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

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

5:30 p.m Running events (timed finals-Last Heat is **Fast Heat**)
FAT timing

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

Notes:

1. Please contact Javier Coronado W(956)795-3849 ext. 134
C (956)324-2441 jacoronado@elisd.org or Daniel Gutierrez
C (956)774-1381 dgutierrez2@elisd.org
2. Fee \$5.00/athlete
3. Checks payable to: South Texas Coaches Association
4. Include District times for seeding purposes
5. Deadline to send entries Wednesday, April 15, 2009

