

PW COLONIAL RELAYS
Saturday, April 4, 2009 12:00 PM

Plymouth-Whitemarsh High School is proud to announce the 7th annual PW Colonial Relays to be held on Saturday, April 4, 2009 beginning at 12:00 PM on PW's lightning fast Eurotan 8 lane track. The meet will have the events listed below and entry is **limited to the first 24 boys and girls teams that respond** so hurry in replying if you wish to take part in this exciting early season meet. The events to be contested are the following:

Running: begin at 1:00 PM

Shuttle Hurdle relay girls/boys
4 x 100 meter relay “
4 x 800 meter relay “
4 x 200 meter relay “
Sprint Medley (200, 200, 400, 800) “
Distance Medley (1200, 400, 800, 1600) “
4 x 400 meter relay “

Field: begin at 12:00 PM noon

Long Jump relay (2 per team) “
Triple Jump relay “ “
High Jump relay “ “
Pole Vault relay “ “
Shot Put relay “ “
Discus relay “ “
Javelin relay “ “

Awards: Awards will be presented to the top 3 in each event. Award batons to the winners of each event.

Entry fee: Entry fee is \$80 per boys **or** girls team or \$150 for both. Please make checks payable to **“PW Track”**. Entry fee guarantees one relay team in each event. There will be no JV events. There will be no team scoring.

Officiating: Each boys or girls team will be required to provide one person to help officiate. Please list the requested job here:

Officiating job requested: _____

Equipment: Spikes of ¼” or less only for all running and jumping events. Shot Put and Discus are from concrete circles (no spikes allowed). Javelin is from a grass surface. Javelin spikes are allowed.

Closing of entries: Entries must be received by March 28. (Don't wait: the first 24 teams to reply will be accepted. Last year, we had a full slate of teams. All others will be sent back!). Send entries to:

Ron Lopresti, Meet Director
2001 Sterigere Street
Norristown, PA 19403

Special note: Interest in this meet should run very high so don't wait! Last year (2008) we were full! Send in entry TODAY! Entry form is on the back!

PW Colonial Relays Entry Form

Event	Estimated time	Field event (check if competing in field)
Girls Shuttle Hurdles	_____	Girls Long Jump _____
Boys Shuttles Hurdles	_____	Boys Long Jump _____
Girls 4 x 100	_____	Girls Triple Jump _____
Boys 4 x 100	_____	Boys Triple Jump _____
Girls 4 x 800	_____	Girls High Jump _____
Boys 4 x 800	_____	Boys High Jump _____
Girls 4 x 200	_____	Girls Pole Vault _____
Boys 4 x 200	_____	Boys Pole Vault _____
Girls Sprint Medley	_____	Girls Shot Put _____
Boys Sprint Medley	_____	Boys Shot Put _____
Girls Distance Medley	_____	Girls Discus _____
Boys Distance Medley	_____	Boys Discus _____
Girls 4 x 400	_____	Girls Javelin _____
Boys 4 x 400	_____	Boys Javelin _____

Preferred officiating job _____

School _____ **Principal/AD's signature** _____

Coach _____ **Coach's home phone** _____

School Address _____

Entry Fee: (\$80/boys OR girls team; \$150 for both) _____

Please make check payable to: "PW Track"

NOTE: Send early! First 24 teams accepted.