

# Gorilla Relays

Coaches:

We are glad to have you at our meet this year. The Meet will be Friday, March 11th. The entry fee is \$100 per team in High School and \$75 per team in Junior High. Athletes will be given 4 throws or jumps and we will run against time. We will keep up with points in High School. Junior High will be a ribbon relay. Awards can be picked up after the meet. Results will be online immediately following the meet. You will receive an e-mail from TrackMate to enter your athletes online. Please forward that e-mail to your other coaches. Entries should be done and scratches made by Wednesday, March 9th. There will be a meal provided for the coaches and workers at the concession stand.

Thanks again,  
Coach Miller

Trent Gorillas  
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Cell # 325-721-9718

# Gorilla Relays

High School and Junior High  
March 11, 2016

12:00 - 12:30 Scratch Meeting (In Gym)

1:00 **High School Field Events**

Shot Put	HSB, HSG
Discus	HSG, HSB
High Jump	HSG, HSB
Triple Jump	HSG, HSB
Long Jump	HSB, HSG
Pole Vault	HSB, HSG

3:00 2400 M Run JHG, JHB  
3200 M Run HSG, HSB

3:00 **Junior High Field Events**

Shot Put	JHB, JHG
Discus	JHG, JHB
High Jump	JHG, JHB
Triple Jump	JHG, JHB
Long Jump	JHB, JHG
Pole Vault	JHB, JHG

5:00 **Running Finals**

4x100 M Relay	JHG, JHB, HSG, HSB
800 M Run	JHG, JHB, HSG, HSB
100 M Hurdles	JHG, HSG
110 M Hurdles	JHB, HSB
100 M Dash	JHG, JHB, HSG, HSB
4x200 M Relay	JHG, JHB, HSG, HSB
400 M Dash	JHG, JHB, HSG, HSB
300 M Hurdles	JHG, HSG, JHB, HSB
200 M Dash	JHG, JHB, HSG, HSB
1600 M Run	JHG, JHB, HSG, HSB
4x400 M Relay	JHG, JHB, HSG, HSB