

The Clarke Massey Relays
February 27th 2010
At
Cordova High School

On the 27th of February 2010, Cordova High School will be hosting the “Clarke Massey Memorial Relays”. The Cordova would like to invite your team to participate in our great and fun meet. In order to ensure that the meet is of reasonable size we will be limiting the size of the meet. It will be determined by the first **30** full teams to sign up. (Partial schools will, of course, be allowed).

The Sierra Valley Conference schools that are working the meet are Christian Brothers High School, Cordova High School, Galt High School, Oak Ridge High School, Ponderosa High School, Liberty Ranch High School, Union Mine High School & Vista del Lago High School.

There are (3) classifications for your athletes (JV Boys, Varsity Girls, and Varsity Boys). A list of events will be included. You will be allowed **Only 2 relay teams per Track & 1 relay field event team, but only the first team will medal.** (in the 3200 individual event only **3** athletes per team max will be allowed in each classification) **The High Jump and Pole Vault are both only 2 person relay teams! Please make a note of that.** This year the timing will be done FAT by the great team from Bella Vista (thanks Coach Unterholzner) Being an early season meet, we will be seeding at the line, so no times will need to be entered. We will be using a XC style finish for the 3200 meter races.

The Clarke Massey medals will be given to the top three relays in each event. In the individual distance race the top 6 will be awarded medals.

When you arrive at Cordova High School you will receive a packet. In each packet you will have another copy of the schedule, a large trash bag, a note from the league, and field event relay cards. **Each relay card needs to be filled out BY THE COACH and brought to the field event or the athletes may not be allowed to compete with first and last names on the cards.**

Entry fees for the meet will be \$220.00 per school (\$80.00 per classification - \$160.00 for two classifications and \$220.00 for a school competing in all three of the classifications.

Remember – Only the first **30** schools entering full teams will be considered so send in your response via email to smjackso@fcusd.org . Include in your response the following information

- A. School Name
- B. Coaches name or contact person
- C. Contact persons Email or phone number
- D. Classifications you will be bringing.

For further information please contact Meet Manager Shane Jackson at 916-362-1104 x 447 at Cordova High School or 916-743-9062 cell. Email is Smjackso@fcusd.org or Mail me at **Cordova High School c/o Coach Shane Jackson: 2239 Chase Drive, Rancho Cordova, CA 95670**

The Sierra Valley Conference looks forward to seeing you on a great day for competition.

Clarke Massey Memorial Relays
Order of Events
Beginning At 8:45 AM

FROSH/SOPH 3200 METERS
 VARSITY GIRLS 3200 METERS
 VARSITY BOYS 3200 METERS

VARSITY BOYS 4 X 65 HIGH HURDLES
 FROSH/SOPH 4 X 65 INT HURDLES
 VARSITY GIRLS 4 X 60 HIGH HURDLES

FROSH/SOPH 4 X 100m RELAY
 VARSITY GIRLS 4 X 100m RELAY
 VARSITY BOYS 4 X 100m RELAY

FROSH/SOPH 4 X 800m RELAY
 VARSITY GIRLS 4 X 800m RELAY
 VARSITY BOYS 4 X 800m RELAY

FROSH/SOPH SPRINT MEDLEY (100-100-200-400)
 VARSITY GIRLS SPRINT MEDLEY (100-100-200-400)
 VARSITY BOYS SPRINT MEDLEY (100-100-200-400)

FROSH/SOPH 4 X 200m RELAY
 VARSITY GIRLS 4 X 200m RELAY
 VARSITY BOYS 4 X 200m RELAY

FROSH/SOPH DISTANCE MEDLEY (1200-400-800-1600) **Note Changes**
 VARSITY GIRLS DISTANCE MEDLEY (1200-400-800-1600) **Note Changes**
 VARSITY BOYS DISTANCE MEDLEY (1200-400-800-1600) **Note Changes**

FROSH/SOPH 4 X 400m RELAY
 VARSITY GIRLS 4 X 400m RELAY
 VARSITY BOYS 4 X 400m RELAY

LONG JUMP - PIT # 1
 VARSITY BOYS - 9:00AM
 FROSH/SOPH - at completion of VB
 VARSITY GIRLS - at completion of F/S

SHOT PUT
 VARSITY BOYS - 9:00AM, Ring # 1
 VARSITY GIRLS - at completion of V/B
 FROSH/SOPH - at completion of F/S Discus, Ring # 2

HIGH JUMP
 FROSH/SOPH - 9:00AM
 VARSITY GIRLS - at completion of F/S
 VARSITY BOYS - at completion of VG

TRIPLE JUMP - PIT #2
 VARSITY GIRLS - 9:00AM
 VARSITY BOYS - at completion of VG
 FROSH/SOPH - at completion of VB

DISCUS
 VARSITY GIRLS - 9:00AM, RING # 1
 VARSITY BOYS - at completion of VG
 FROSH/SOPH - 9:00AM, RING #2

POLE VAULT
 VARSITY GIRLS - 9:00AM
 FROSH/SOPH - at completion of VG
 VARSITY BOYS - at completion of F/S