

10th Annual Westover Relays

Friday April 12, 2013

Meet Information

The Westover Relays will once again be held at Hugh Mills Stadium site of the 2013 GHSA State Girls Track & Field Championships. We are having the meet on a **Friday evening** as a prelude to the upcoming region and state meets. We invite your team to participate in this year's event. We hope that your team will be able to attend. **We will be limiting the amount of entries this year.** The following information gives details of the meet. Thanks and see you on the 12th!

Race Schedule (All GHSA entry limits Apply)

- 4:00 PM:** Girls High Jump, Girls Triple Jump, Boys Long Jump, Boys and Girls Pole Vault, Boys Shot Put, & Girls Discus
- 4:30 PM:** 300 Meter Low and Intermediate Hurdles
- 4:50 PM:** 3200 Meter Run
- 5:15 PM:** Boys High Jump, Boys Triple Jump, Girls Long Jump, Girls Shot Put, & Boys Discus
- 5:20 PM:** Sprint Medley Relay (200-200-400-800)
- 5:40 PM:** 4X100 Meter Relay
1600 Meter Run
400 Meter Dash
100 Meter Dash
800 Meter Run
100 & 110 Meter Hurdles
200 Meter Dash
DMR (Distance Medley Relay 800-400-1200-1600)
4X400 Meter Relay

Entry Fees

The entry fee is \$80.00 for a Varsity Girls Team and \$80.00 for a Varsity Boys Team. **If you are entering both a Varsity Girls and Boys Team, then your total fee will be \$140.00.** Please make checks out to **Westover Track & Field.**

We will be limiting the amount of entries this year to ensure the meet finishes in a timely manner.

Entry Deadline & Payment Deadline

All entries will be entered at the following address:

<http://ga.milesplit.com/meets/130574/>

**All ENTRIES must be entered at the above address
by Wednesday, April 10th at 11:59 PM.**

Race day payments for entry fees will be accepted

Please send your fees to

Westover High School

2600 Partridge Lane

Albany, Ga. 31707

Att: Harley Calhoun

If you have any questions, please feel free to call Harley Calhoun at 229-938-7954 or Lewis Smith at 229-291-6455.

You can also email me at harley.calhoun@docoschools.org

Awards

Trophies will be given to the top 3 teams and medals to the top 3 finishers in each event. Individual winners will also receive Westover Relays T-Shirts.

Sanction

The meet is sanctioned by the GHSA

Team Packets

You can pick these up at the track box at the start/finish line.

Dressing Facilities

Dressing and restroom facilities will be available at the top of the stadium

Motels

Comfort Inn: 229-888-3939

Fairfield Inn: 229-435-6859

Holiday Inn: 229-883-8100

Ramada: 229-446-0010

Wingate Inn: 229-883-9800

Albany Inn: 229-446-2001

Hampton Inn: 229-883-3300

Howard Johnson: 446-8000

Sleep Inn: 229-888-5595

Sincerely,

Harley Calhoun

Westover Track & Field Coach

10th Annual Westover Relays

Entry Sheet

Make Copies As Needed

Boys _____

Girls _____

ENTER ALL SEED TIMES, DISTANCES, AND TIMES BY YOUR ATHLETE'S NAME

High Jump 1. _____ 2. _____

Triple Jump 1. _____ 2. _____

Long Jump 1. _____ 2. _____

Pole Vault 1. _____ 2. _____

Shot Put 1. _____ 2. _____

Discus 1. _____ 2. _____

300 Hurdles 1. _____ 2. _____

3200 Meters 1. _____ 2. _____

800 Meters 1. _____ 2. _____

1600 Meters 1. _____ 2. _____

400 Meters 1. _____ 2. _____

100 Meters 1. _____ 2. _____

200 Meters 1. _____ 2. _____

100/110 Hur 1. _____ 2. _____

4x100 Relay 1. _____

4x200 Relay 1. _____

4x400 Relay 1. _____

4x800 Relay 1. _____