

PW COLONIAL RELAYS
Saturday, April 5, 2014 12:00 PM

Plymouth-Whitemarsh High School is proud to announce the 12th annual PW Colonial Relays to be held on Saturday, April 5, 2014 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.

Entry fee: Entry fee is \$90 per boys **or** girls team or \$175 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. Fully automatic timing will be used.

Officiating: Each boys **OR** girls team will be required to provide one person to help officiate. Please email job request to: Ron Lopresti (ronlop@msn.com).

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 entered **online via Milesplit** by Saturday, March 29, 2014 at 11:59 PM. Milesplit entry is new this year. 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 payment to (**checks payable to PW Track**):

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 (2013) we were full! Enter **ONLINE** at Milesplit ASAP.

