



Carl Norris Relays

@ E.H. Hanby Stadium – Mesquite, TX

March 4, 2017

Hosted by Dr. John D. Horn High School



Dear Coach,

Thanks for entering the 2017 Carl Norris Relays on Saturday, March 4th. I'm very excited about the level of competition we will have competing this year! Please return fees by February 24th, made payable to Mesquite ISD. Entries will be due Thursday March the 2nd through Athletic.net. After receiving entry invitation from athletic.net, please follow entry instructions on the site. If you have any questions, call (979) 743-5812 or email tmcdew@mesquiteisd.org or cholland@mesquiteisd.org. Please be sure both teams receive this information if necessary.

Meet Information

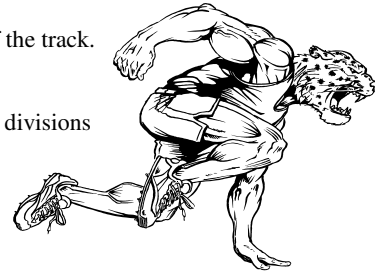
- Varsity & JV Boys/Girls; All Finals.
- Scratch meeting will be at 2:45 p.m. in the locker room at the South end of the track.
- Dinner will be provided for the coaches.
- Concessions will be provided.
- The cost is \$200 per Varsity team and \$150 per JV team. The cost for all 4 divisions \$400.00.

General Guidelines

- Please use objects other than tape for markings on track and runways.
- ¼ inch spikes only.
- UIL rules will apply concerning jewelry and dress for all events.
- We will pool all shots and disc.
- Camps are to be located in or underneath the visitor bleachers. (Opposite the press box)

Concerns

- Warm-ups will be on the North end of the stadium behind the score board. We ask that the athletes only warm-up just prior to their event.
- We ask that you please help us by patrolling your camp area for discipline and clean up.



Order of Events:

7:45 Scratch meeting (scratch or substitute)

Entries need to be in by Wednesday March 2nd.

8:15 Field Events – # of flights will depend on # of entries

3 throws & 3 horizontal jumps (All finals)

10:30 3200 m Run (1 Heat per division) JV Girls, Varsity Girls, JV Boys, Varsity Boys

12:00 – Meals will be provided for coaches in the locker room located at the South end of the track.

1:00 Running Finals - All running finals will begin after field events have been completed (no preliminaries)

(Running order will be the same for each event – JV Girls, Varsity Girls, JV Boys, Varsity Boys)

- 400 M. Relay
- 800 M. Run
- 100/110 M. Hurdles
- 100 M. Dash
- 800 M. Relay
- 400 M. Dash
- 300 M. Hurdles
- 200 M. Dash
- 1600 M. Run
- 1600 M. Relay

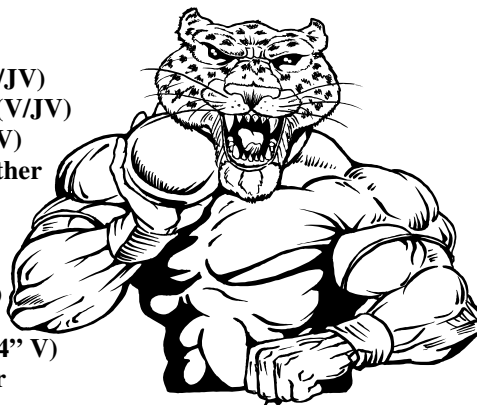


Additional Information for the Carl Norris Relays:

Format of Field Events

8:15 Shot Put – Men (V/JV)
Discus – Women (JV/V)
Triple Jump (North Pit) – Men (V/JV)
Long Jump (South Pit) – Women (V/JV)
High Jump – Men (5'2" JV/5'4" V)
Pole Vault – Women (6'0") Together

10:30 Shot Put – Women (V/JV)
Discus – Men (JV/V)
Triple Jump (North Pit) – Women (V/JV)
Long Jump (South Pit) – Men (V/JV)
High Jump – Women (4'2" JV/4'4" V)
Pole Vault – Men (8'0") Together



Teams entered in the 2016 Carl Norris Relays:

Men's Teams

Horn
North Mesquite
West Mesquite
Sachse
Highland Park
Garland Rowlett
Poteet
Denton High

Women's Teams

Horn
North Mesquite
West Mesquite
Sachse
Highland Park
Garland Rowlett
Poteet
Irving Nimitz

Directions to the 2017 Carl Norris Relays

From I635 exit Scyene/Military. Head East bound on Military as it turns into E. Davis. The stadium will be on your right just past Mesquite High School. All teams will park on the Visitor side and all spectators will park on the Home side of the stadium.

Please mail all entry fees to:

Dr. John D. Horn High School
c/o Tammi McDew
Re: Carl Norris Invitational
3300 E. Cartwright Rd.
Mesquite, TX 75181

*Please make payment in the form of a check or cashiers check.
Make payable to **MESQUITE ISD.**