



## Seahawk Invitational Track & Field Meet Saturday, March 31<sup>st</sup>, 2012

The South River High School is hosting the Seahawk Invitational on Saturday, March 31, 2012. The meet will begin with all running and field events at 9:00 a.m. and should conclude sometime around 2pm. *The cost for this meet is \$75 per boys/girls' team or \$140 for both teams.* Medals will be awarded for places 1-3 and ribbons for places 4-6. Also, a hospitality tent will be provided for all coaches and officials.

The order of events is listed below. Each team is allowed three entries per individual event and one relay entry per event. Girls will precede the boys in all running events as all events are timed finals.

### Order of Events

1. 5000 meters (12.5 laps)
2. 100 HH girls/110 HH boys
3. 100 dash girls/boys
4. 1600m run
5. 4 x 200m relay
6. 400m dash
7. 4 x 800m relay
8. 300m hurdles
9. 800m run
10. 200m
11. 4 x 100m relay
12. 4 x 400m relay

The field events will be conducted as follows: shot put – girls/boys, discus – boys/girls, high jump – boys/girls, pole vault – girls/boys; The long and triple jump will be open pit with the long jump being first.

For any questions or more information, contact the meet director, Hugh Harris at [runhuey805@aol.com](mailto:runhuey805@aol.com) or (cell) 301-526-7913.

We look forward to having your team join us on March 31<sup>st</sup>!

Hugh Harris  
Head Coach – Track & Field  
South River HS

