

**ROUGHNECK RELAYS 2019**  
**HIGH SCHOOL MEET - FRIDAY, MARCH 22, 2019**

Welcome to the 2019 Roughneck Relays. We are excited to have you as part of our meet this year. We have 6 teams competing and look forward to hosting a great meet. Entry fee for the meet is \$100 per JV division, and \$150 per Varsity division. Please make checks payable to Sundown ISD. The schedule we will follow is posted below. We will start field events at 2:30 and will go with a rolling time schedule. In the horizontal jumps and throws JV will get 3 attempts each with no finals, and Varsity will get 4 attempts with no finals. The running events will begin at 5:30, or at the conclusion of the field events, and will be on a rolling time schedule. The Scratch Meeting and the Hospitality Room are both located in the field house. A concession stand will be available with meal deals - contact information below.

<b>SCHEDULE:</b>	1:00 - 2:00 PM	SCRATCH MEETING (FIELD HOUSE)
	1:45 PM	COACHES MEETING (FIELD HOUSE)
	2:30 PM	FIELD EVENTS
		3200M
	4:30 PM	MEAL FOR COACHES AND WORKERS
	APROX. 5:30 PM	RUNNING FINALS

**\* RUNNING FINALS WILL START AT THE COMPLETION OF THE FIELD EVENTS,  
HOWEVER, NO EARLIER THAN 5:30 PM**

**FIELD EVENTS: 2:30 PM (ROLLING SCHEDULE)**

LJ	TJ	HJ	PV	SHOT	DISC
VG	VB	JVB	GIRLS	JVG	VG
JVG	VG	VB		VB	JVB
JVB	JVG	VG	BOYS	VG	JVG
VB	JVB	JVG		JVB	VB

\* WE WILL COMBINE JV AND VARSITY GIRLS FIELD EVENTS WHEN POSSIBLE.

\* WE WILL COMBINE JV AND VARSITY GIRLS POLE VAULT.

LONG JUMP - NORTH PIT	HIGH JUMP - NORTH END	SHOT - EAST END
TRIPLE JUMP - SOUTH PIT	POLE VAULT - NORTH PIT	DISCUS - NORTH END

3200M: 2:30 PM

**RUNNING FINALS: 5:30 PM**

400M RELAY  
800M  
100M HURDLES (33")  
110M HURDLES (39")  
100M  
800M RELAY  
400M  
300M HURDLES (GIRLS-30" / BOYS-36")  
200M  
1600M  
1600M RELAY

**RUNNING ORDER**

JV GIRLS  
VARSITY GIRLS  
JV BOYS  
VARSITY BOYS

**MY CONTACT INFORMATION:**

ADAM CUMMINGS  
CELL: (806) 685-6743  
SCHOOL: (806) 229-3021 ext. 217  
acummings@sundownisd.com

**\* THE SUNDOWN SENIOR CLASS WILL HAVE A  
CONCESSION STAND AND MEAL DEALS WILL BE  
AVAILABLE.**

**CONTACTS FOR SENIOR CLASS:**

JON TOWNSEND / GLORIA HERRERA / MANDY BELEW  
jtownsend@sundownisd.com  
gherrera@sundownisd.com  
mbelew@sundownisd.com